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CR. P 153

CELSUS DE MEDICINA.

VOL. I.

A. COR. CELSI

MEDICINÆ

LIBRI OCTO,

EX RECENSIONE L. TARGÆ,

CUM ORDINE VERBORUM,

NOTIS ANGLICANIS,

ET VERSIONE AD VERBUM, QUANTUM FIERI POTUIT, REDACTA.

BIBLIOTHECA · BODLEIANA ·

A. CORN. CELSUS.

S.P. 1832.

AUR. COR. CELSUS

ON

MEDICINE,

IN EIGHT BOOKS,

LATIN AND ENGLISH.

TRANSLATED FROM L. TARGA'S EDITION,

THE WORDS OF THE TEXT BEING ARRANGED IN THE ORDER OF CONSTRUCTION.

TO WHICH ARE PREFIXED,

A LIFE OF THE AUTHOR,

TABLES OF WEIGHTS AND MEASURES,

WITH

EXPLANATORY NOTES, ETC. DESIGNED TO FACILITATE THE PROGRESS OF MEDICAL STUDENTS.

BY ALEX. LEE, A.M., SURG.

IN TWO VOLUMES.

VOL. I.

BIBLIOTHECA BODLEIANA

LONDON:

E. COX, ST. THOMAS'S STREET, SOUTHWARK.

MDCCCXXXI.

1512

G. WOODFALL, ANGEL COURT, SKINNER STREET, LONDON.

BIBLIOTHECA · BODLEIANA

VIRO INGENUO,

ARTIBUS MEDICINÆ PERITISSIMO,

NECNON IN OMNI GENERE DOCTRINÆ EXCULTO,

JACOBO BLUNDELL, M.D.

S.

EXISTIMATIO bona est tamquam odor unguenti fragrantis et pretiosi; neque dubito, quin apud posteros ea tibi sit futura: nam et ingenium et merita tua præcelluerunt, et mihi persuasum est, famam tuam posse durare quamdiu libri et literæ durent. In lucem nunc demum edere mihi visum est hoc opus, et tibi, Vir benevole, libens dedico, ingentis erga me patrocinii testimonium. Scio quantopere bonis artibus faveas, quantum gaudii capias, si studiosi Juvenes aliquid adepti sint, quo facilius medicinam colant. Mitto ergo, ad te Celsum nostrum, auctorem nobilem, et tuas delicias, meâ operâ, (ni fallor) studiosæ juventuti, cui plurimum faves, et gratiorem et accommodatiorem redditum. Tu autem, hoc, qualecumque sit, benigniter accipe. Vale.

A. L.

Dabam Londini,
XIII^mo Augusti, A.D. MDCCCXXXI.

PREFACE.

Our public Medical Functionaries have very judiciously resolved, that Celsus be prescribed as one of the tests by which the Candidate is to be tried, and I am convinced that this arises from the purest motive, because it is supported by the most unquestionable authorities, both ancient and modern, and by the laudable wish to exact from young gentlemen destined for the medical profession a more respectable and liberal education. The necessity of this enactment may be very evident, since the daily improvement of all the collateral branches of medical science are every where making progress.

It is now several years since I commenced the Ordo Verborum of this Work, for the express purpose of facilitating the progress of gentlemen entering on the public service, and I have every reason to believe that it was of no small benefit to them, not only in lessening that tædium of study otherwise necessary, but also in enabling them to comprehend the meaning of the Author more fully. The Text copy which I have followed, is that edited by the learned and indefatigable Leonardus Targa, which is universally allowed to be the most correct.

The great responsibility accruing on undertaking a Work of so much labour rendered it a duty incumbent on me to be in possession of every edition that I could possibly procure, particularly those cum Notis Variorum. My principal object in this, was to present the reader with the most approved text of the various editors from Cæsarius in the year 1528, to that of Targa's in 1769; since which no one has attempt-

ed any alterations in the text of Celsus; and I believe for the best of all reasons; since the unwearied perseverence of Targa, united to the most profound learning and great critical acumen, left nothing to be done by future editors. For this reason I have strictly adhered to the text of Targa, making those necessary corrections in the punctuation and unavoidable errors of the press: and here let me add, that my efforts have been very much aided by the excellent management on the part of Mr. Woodfall, the printer of the Work.

With respect to the Ordo Verborum, I flatter myself that it will be of no inconsiderable assistance to the student whose classical attainments have been either limited or neglected; at the same time let me caution him who may require the assistance of the Ordo, not to omit an assiduous application of his Latin grammar and dictionary; then he will make the Ordo subservient to the end proposed; let him use it only if necessary, to unravel the more intricate construction of the text; that being attained, let him despise the Ordo for the more elegant and classical arrangement of the text itself, which he ought to read again and again, until he thoroughly comprehend the Author. There is one thing on which I wish to solicit the indulgent consideration of the student; that is, to consider for a moment, the time necessarily employed in arranging this Ordo according to the rules of grammar, the tedious, and often difficult task of comparing and correcting it with the text while going through the press: I have done my best to avoid all errors in this department of the Work; but "siquis asperius notare voluerit, reputet modò quantum et varietatis et difficultatis hujusmodi opus amplectitur, et paucis maculis non offensum iri spero."

I come now to the Translation; which I have endeavoured to render as literal as the idioms of the two languages will admit; and the student will please to observe that the necessary elliptical words are for the most part rendered in *Italics*.

There are three things of the utmost importance in translating from one language to another; the first is to comprehend the original; the second is to convey those sentiments intelligibly to others; and the third is, to write them with precision, fidelity, and elegance, if possible. This is the order of Nature, whose minister and interpreter is man: "Homo, naturæ minister et interpres, tantum facit et intelligit quantum de naturæ ordine re vel mente observaverit: nec amplius scit, aut potest."—*Bac. Nov. Org.* Whether I have succeeded or not, is a point that will soon be decided by the judgment of a discerning public, to whose fiat I will implicitly submit. I have endeavoured to render a close interpretation of the Author, and have used my best efforts to infuse the genius and spirit of his style, with as much fidelity as the sententious brevity of this elegant classic would allow. Therefore, under such conditions, I did not even dare to use a freedom of language, far less elegance of style. Even where our Author is evidently wrong, for instance, in his anatomical descriptions, I have preferred to err with him, rather than be right against him; for this very reason, that the student may see Celsus as the faithful representative of medical science in his age, and contrast that with the present improvements; for we are very sagaciously cautioned by Rhodius, that "plures Latinitatem ejus, quam medicinam fuisse oportere."

Celsus has been received as a standard authority through every successive age; yet we have no other data, except his Treatise on Medicine, by which even his profession can be determined. He is always quoted by the most eminent physicians, as a model of propriety, ease, and elegance. Celsus also wrote a Treatise on Military Tactics, another on Agriculture; but commentators are unanimous in their opinions that his medical writings are the most perfect.

It is very evident from his preface to the first book, wherein he gives an admirable summary of medicine, that he had thoroughly digested the various systems both of the

Greeks and Romans before his time. In the midst of this conflicting mass of facts adduced by the empirics on one side, opposed by the no less powerful arguments of the rationalists on the other, he was the first who united the theory of the one with the practice of the other. It is interesting to see the energies of such "a mind grappling with the difficulties which surrounded it." Cicero exclaims that "Homines ad Deos in nulla re propius accedunt, quam salutem hominibus dando." Celsus may well be called the morning star of medical science "last in the train of night;" and it need not surprise us that a certain portion of the darkness of that age should still cling around him. But the investigations of subsequent ages have advanced with gradual but progressive steps to verify that sublime conception, that "TRUTH, though hewn, like the mangled body of Osiris, into a thousand pieces, and scattered to the four winds of heaven, shall be gathered limb to limb, and moulded, with every joint and member, into an immortal FORM of loveliness and perfection."

After he has given an abstract of the prevailing systems up to his time, he very modestly advances his own opinion, proposes the plan of his Work, the four first books of which are on Diet; the fifth and sixth on Pharmacy; and the last two appropriated to Surgery. Targa has followed the usual division of the Work into chapters, but rejected the marginal contents, which I have added to each chapter from Linden's edition. The Life of Celsus I have taken from Rhodius, published by Almeloveen. I am indebted for one of the Tables of Weights, and some of the Notes, to that splendid and very correct edition by Dr. Milligan, of Edinburgh: the other two I have taken from the translated copy of Dr. Grieve, who selected Almeloveen's text for his translation, which contains innumerable errors, afterwards corrected by Targa. Mr. Underwood, I believe, is the next translator, on the interlineal plan, and has executed his ungracious task in a very creditable manner, as far as I have seen of it, which

was the first volume only. About the same time appeared Dr. Collier with his Celsus in four volumes. There is also another edition from a Parisian press in 1824, which I consider as a duty to my countrymen to mark out in the language of Horace—

"Fœnum habet in cornu, longe fuge!"

The Notes explaining pharmaceutical preparations, &c. will be found at the end of the second volume, and for which I am indebted to Pliny, Dioscorides, Quintilian, Pantin, Casteli Lexicon Medicum Græco-Latinum, Targa, Morgagni, Greive, and Milligan.

THREE CROWN SQUARE, SOUTHWARK,
August 13th, 1831.

AURELII CORNELII CELSI

VITA

A CLARISSIMO VIRO

JOANNE RHODIO CONSCRIPTA.

Cornelii Celsi laudabilem in re medica operam annis jam mille sexcentis, et quod superat, experientia, veritatis prima parens, feliciter probavit. Nec melioris animi quisquam ita ab omni humanitate remotus fuit, cui non venerandum tam illustre nomen. At ingenio magis, quam origine notum, quem, relicta soli animo gloria, temporis diuturnitas posteritatis memoriæ exemit.

Quamvis enim Romæ vixisse Celsum, ipsius, sive ut aliis visum, Scribonii Largi ad J. Callistum epistola indicio sit: non desunt tamen causæ, cur addubitem, patria, an jure civitatis ipsum Romanis accenseam.

Maximeque, quum præter hunc, quidam Julius Celsus Hadriano Imperatori à consiliis, vel ex aliorum sententia, Alexandri Severi temporibus, juris scientia perhibeatur claruisse: Vid. Spartianum in Hadr. 30. et Pompon. JC. lib. 2. in fin. de Orig. Jur. et Politianum lib. 5. Epist. ad Jac. Modestum. Equidem Celsum patrem ac filium jureconsultis annumerat Hotomannus in descriptione Jurisconsultorum, et Juventium Celsum patrem ad Vespasiani Imperatoris tempora refert Jacob. Gothofred. Histor. Jur. Civil. cap. 7. de Jurisconsultorum Successione. Idem Celsum

THE LIFE

OF

AURELIUS CORNELIUS CELSUS,

WRITTEN BY THE CELEBRATED J. RHODIUS.

TRANSLATED FROM ALMELOVEEN'S LUGDUNI BATAVORUM EDITION OF 1746.

THE writings of Aur. Cor. Celsus on Medicine have stood the test of experience, the first parent of truth, for upwards of sixteen hundred years. Nor can there be any one of a more exalted mind, or of a more cultivated understanding so far removed from all good learning, as not to venerate so great a name: more distinguished, indeed, by the greatness of his genius, than by an illustrious origin, of whom any certain knowledge has been lost to latter ages through the lapse of time, and his fame left to depend on the excellence of his mind alone.

Although it might appear from a letter of his own, or as some maintain, of Scribonius Largus to Callistus, that Celsus lived at Rome, reasons are not wanting why I should hesitate to acknowledge him a Roman either by birth or right of citizenship.

In the reign of Hadrian, or according to others, in the time of Alexander Severus, besides the subject of this memoir, there appears to have been a Julius Celsus who excelled as a jurisconsult: see Spartianus on Hadrian, 30; and Pomponius the jurisconsult, in the end of his second book concerning the Origin of Lawyers; also, Politianus, book fifth, in his letter to J. Modestus; and indeed Hotomannus mentions a Celsus both father and son of a lawyer, in his description of Jurisconsults, and Gothfred, in his History of the Jur. Civ. cap. 7., on the succession of Jurisconsults. Refers Juventius Celsus to the reign of the Emperor

patrem et filium sub Trajano, Hadriano, Antonino Pio vixisse censet. Verùm et Apulejus Celsus Valentis ac Scriboni Largi in Medicis Magister occurrit apud Scribonium Largum de Compos. Med. cap. 94. et 171.

Cujus præter Agricolam Woverius in Apuleji Vita mentionem injecit; nisi fortè cum Cornario in Marc. Empirici Præfat. interposito inciso, Apulejo, Celso, distinctè legendum fuerit. Ita in præfat. Marcell. et Apulejus et Celsus occurrunt.

Volaterranus etiam meminit in Anthropologia, lib. 14. Celsi cujusdam, qui Philosophiæ Stoicæ sectator, Origenis erat adversarius, magiæ sciëntia notus, cui Lucianus Pseudo-Mantem inscripsit. Ejusdem quoque nominis ibidem, imperante Nerone, è Galliis puer novennis martyrio nobilitatus.

Numo etiam innotuit apud Augustin. Dialogo 5. de Num. Celsus quidam III. Vir. Noster autem Augusti ævo floruit, ex quorundam sententia, inter quos Jo. Britannic, in Juvenal. Sat. 6. et 7. Ovidii auctoritate, vel ut Jo. Cajo placuit, Cl. Tiberii, A.C. 29.; aut certe Caji Imp. conjectura Sambuci, viri antiquitatis notitia clarissimi. Major tamen eruditorum pars sub Tiberio vixisse, vel fortè ipso imperante natum usque ad Trajani tempora vitam produxisse censet; quamvis et sub Nerone vixisse putet Thom. Fienus. Ut uno seculo vetustior Galeno videatur.

Cæterùm, non levem hic de patria ejus dubitandi occasionem præbet Cæl. Rhodiginus, qui Antiq. Lect. lib. 14. cap. 5. Veronenses, ait, cum Macrobio, Vitruvio, et Plinio, Celsum quoque suum ortu civem agnoscere. Librorum inscriptionibus hujusmodi divinationes stabiliri assolent. Sed exigui momenti munimento. Notius enim est, quàm ut pluribus confirmetur, librorum titulos literatoribus et librariis arbitrarios fuisse, vixque veterum quempiam ulli suorum commentariorum quidquam prænotasse, referente de semet idipsum Galeno, lib. 7. Method. Med. cap. 1. qui id officii ab

Vespasian. The same author thinks that Celsus, the father and son, lived under Trajan, Hadrian, and Antoninus Pius. But Apuleius Celsus, a Valentian, and tutor to Scribonius Largus, is mentioned by him in his book, entitled, Compositio Medicinæ, cap. 94, et 171.

Besides, Agricola Woverius makes mention of him in his Life of Apuleius; unless, perhaps, with Cornarius, in his preface to Mar. Empiricus, we are to read separately Apuleius, Celsus with the interposition of a comma. Also in the preface to Marcellus both Apuleius and Celsus occur.

Volaterranus likewise takes notice of a Celsus in his Anthropologia, lib. xiv., who was a follower of the Stoic philosophy, and an adversary of Origen, a noted magician, to whom Lucianus gave the name of the Lying-prophet. In the reign of Nero, also, there was a boy, nine years of age, of the same name, a Gaul, renowned for his martyrdom.

There is another mentioned by Numus, in his Augustine Dialogues, of the name of Celsus, a triumvir. But our Celsus flourished in the Augustan age, as some imagine, as appears by J. Britannicus on Juvenal, Sat. 6, and 7. and on the authority of Ovid, or as J. Caius would have it in his Annals of Clem. Tiberius, Anno Christi 29, or at least under the Emperor Caius, as Sambucus conjectures, and these men are celebrated for their knowledge of antiquity. Yet the greater number of the learned think that he lived in the reign of Tiberius, or perhaps, being born in his reign, he might have prolonged his life to the time of Trajan: although Thomas Fienus imagines that he lived under Nero, and appears to be one age older than Galen.

Again, Cæl. Rhodiginus Antiq. Lect. lib. xiv. c. 5., advances no light arguments tending to remove all doubt of his country; he says that Verona claims Celsus as one of her citizens by birth, along with Macrobius, Vitruvius, and Pliny. By the inscriptions of books, conjectures of this kind used to be solved: but this is a confirmation of very little importance: for it is better known than to require the confirmation of many, that the titles of books greatly depended on the caprice of printers, and librarians, and that scarcely any of the ancients prefixed their names to their works, as related by Galen, speaking of himself in his Methodus Medendi, lib. vii. cap. 1., who left that duty to be performed by

amicis habuit: haud dubiè istius ævi modestia, quod ingenia admiratione superiora protulit.

Sed enim, ut mala exempla ex bonis initiis orta: ita ex æmula, in conquirendis magnorum ingeniorum monumentis, principum munificentia, accrescente paulatim librariorum avaritia, omnes propè optimorum etiam Auctorum præscriptiones impunè, ad lucrosam cujusque libidinem, immutatæ, ne dicam adulteratæ.

Atque ut ad Celsum redeam; quot ejus hodie editiones, tot fermè inscriptiones diversæ. Cæsarii habet, " Aurelii Cornelii Celsi de Re Medica VIII. Libri eruditissimi." Vulgatæ Lugdunenses omnes, et Leidensis modestiùs sine phalerato encomio A. C. C. D. M. L. VIII. Horum priorem Cajus sic mutavit: " Aurelii Cornelii Celsi Romani de Re Medica Libb. VIII. pereruditi." H. Stephanus in suo exemplari cæteris Medicinæ Principibus adjecto receptæ lectioni subdidit:

" Operis ab eo scripti Pars Sexta." Vett. Codicum MS. auctoritatem secutus, quibus communis hæc inscriptio: " A. Cornelii Celsi Artium Liber VI." Nihil tamen hic præter consilium et rem ab illo temerè factum. Patriam enim sive auctor ipse, sive alius quispiam addiderit, id certè non caret vetustatis exemplo, potissimùm apud Græcos, quos inter Celsus sibi " Hippocratem Coum" inprimis imitandum proposuit, cujus etiam pleraque non infeliciter Latino sermone reddidit, suam ipse testatus in Epist. ad Pullum Natalem, in hoc studiorum genere diligentiam, longè accuratiorem, quam Largii Designatiàni, qui Epistola ad filios se fuisse liberiorem fatetur.

Quemadmodum notante Cornario in Dedicat. Marcelli, in plerisque Hippocratem expressit, ut integras sententiarum periodos ex ipso descriptas subinde in eo videas; imò tota capita nihil aliud quam Hippocratis sententias ad verbum reddunt. Hinc non immeritò Hippocratis Simiam dixit Nic. Monardus, de V. S. in Pleurit. f. 8.

Etsi verò Latini scriptores patriam haud usque jacta-

his friends: this may be attributed, without doubt, to the modesty of that age, which encouraged superior talent by its admiration of genius.

But sometimes bad results arise from good examples, so, through the emulation excited in searching for the works of great geniuses, the cupidity of librarians, fed by the liberality of princes, gradually increased until almost all the best authors had undergone a change of title, nay, I may say, were adulterated without detection, by the cupidity of each party vying with another for the sake of gain.

But to return to Celsus: almost every edition of his work now has a different title. That by Cæsarius has "Aurelii Cornelii Celsi de Re Medica Libri VIII. eruditissimi." All those published at Lyons and Leyden have none of that encomiastic fanfaronade: they are more modest, such as A. C. C. D. M. L. VIII. The first of which Caius changed into Aurelii Cornelii Celsi Romani de Re Medica Lib. VIII., edited by the very learned H. Stephanus, who, in his other works on the Principles of Medicine, supplied to the received reading as follows: "A. Cornelii Celsi Artium Liber VI. Operis ab eo Scripti:" in which he followed the authority of an ancient manuscript with the usual inscription on it. Neither has he done this unadvisedly nor without foundation. As to the word "patria", whether the author himself added it, or some other person for him, it certainly does not want a precedent among the examples of antiquity, especially among the Greeks, whom Celsus made it a point to imitate, particularly Hippocrates of Cous, most of whose works he rendered very elegantly into Latin. He himself testifies his diligence in this kind of study, in a letter to Pullus Natalus, far more correctly than that of Largus Designantianus, who in a letter to his sons confesses himself to have been too free in this affair.

In the same manner Cornarius remarked in his dedication to Marcellus, that he imitated Hippocrates for the most part so close, that sometimes you may see whole periods of sentences described by the one, transcribed by the other, nay, whole chapters which relate nothing else than the opinions of Hippocrates verbatim. Therefore it was not without reason that Nic. Monardus called him the Ape of Hippocrates, in Venesection in Pleuritis. f. 8.

Although it may be true that the Latin authors of anti-

bant: neutiquam tamen diffitendum, antiquitùs Romanæ civitatis jus gloriosum fuisse. Quo fortè venditores Auctorem nostrum commendare satagebant; sive is meritis et gratia civium numero adscriptus esset; sive Roma oriundus. Posterius tamen ut credam, suadet præter apertum Auctoris textum, Epistola ejusdem ad Callistum, et persuadet ad Pullum Natalem altera; in quibus inprimis Viri boni genius conspicitur.

Imò Marcellus in Præf. Operis Cornelium Celsum inter viros illustres et cives enumerat, quicquid ei imposuerit Verderius Cens. Ejus Columella, Claudii tempore clarus, ut æqualis aut certè paulo superioris, sic meminit:

" Nostrorum temporum Cornelius Celsus, totum corpus disciplinæ quinque libris complexus est." Quem Rusticam intellexisse, vero proximum est. Quintiliani sententia Inst. Orat. lib. x. cap. 1. is " Vir eruditus, inter eos philosophos Latinos, quos eloquentes literæ Romanæ tulerunt, qui scripsit non parum multa, scepticos sequutus, non sine cultu et nitore." Ideoque ob nimiam novitatis cupiditatem, ejusdem censura notatur.

Scripta ejus sigillatim prodidit Volaterranus Anthropol. " Cornelius Celsus mediocri vir ingenio, non solum artem Rhetoricam, sed de Re Militari, et de Rusticana, deque Medicina libros composuit." Quæ omnia J. Dousa, æternum gentis et generis sui decus, in Sylva Extemporal. hoc Epigrammate venustissimè complexus:

" Facta urbana tuo Res Rustica munere, scriptis
Nec minus illustris est Medicina tuis.
Hinc quoque Militiæ tractâsti commoda rhetor,
Hoc Martem musis jungere, Celse, fuit."

Subjungit Polyhistor Italus: " Ad nos tantum ejus Medicina pervenit oratorio more conscripta." Sed et quædam rhetorica ejus nostra ætate Sixti Popmæ studio feruntur emissa. Veterinariam quoque conscripsisse auctor est Mercurialis lib. iv. cap. 2. Herbarium verò ei adscriptum, Apuleji potiùs credit in vita Apuleji Elmenhorstius. Julium qui-

quity did not boast of their country, yet it cannot be denied, that the right of Roman citizenship was a great honour. Perhaps the booksellers might have interested themselves in commending our author, whether enrolled in the number of citizens, by merit and favour, or a Roman by birth. Yet I am inclined to believe the latter, as it is evident from the text of that author in a letter of his to Calistus, and in another to Pullus Natalis, in both of which the genius of a great man is chiefly to be seen.

Nay, Marcellus in the preface of his work mentions Celsus among other distinguished citizens, whatever had been imposed upon him by Verderius, the Censor. Columella, an illustrious man in the reign of Claudius, either cotemporary or at least a little before him, mentions him in the following manner:

"Cornelius Celsus in our own time has comprehended the whole body of literature in five books." But he is to be understood as alluding to his book on agriculture or rural affairs. Quintilian, Inst. Orat. lib. x. c. 1. speaks of him thus: "That learned man amongst the Latin philosophers, whom Roman literature had brought forward, and who wrote many things after the manner of the sceptics, with ease and elegance." For this reason he came under the censure of the same author, from too great a desire of novelty.

Volaterranus in his Anthropologia, who published his works separately, thus speaks of him: "Cornelius Celsus, a man of tolerable genius, has written, not only a system of rhetoric, but also composed books on military and rural affairs, and on medicine." All of which Dousa, who is an honour to his country and species, has most pleasantly comprised in the following epigram:

> "Facta urbana tuo Res Rustica munere, scriptis
> Nec minus illustris est Medicina tuis.
> Hinc quoque Militiæ tractâsti commoda rhetor,
> Hoc Martem musis jungere, Celse, fuit."

A work entitled "Polyhistor Italus" subjoins this notice of him: "His work on medicine, written in an oratorical style, has only reached us." But something ascribed to him on rhetoric has been brought forward in our own day by the industry of Sixtus Popma. Mercurialis says, lib. iv. cap. 2., that he wrote a Treatise on Veterinary Medicine. But Elmenhorstius, in his life of Apuleius, thinks that the Herbarium ascribed to him, rather belongs to Apuleius.

dem Celsum inter rei militaris scriptores enumerat Rob. Valtur. quemadmodum huic à nonnullis adscripta sunt Julii Cæsaris Commentaria. De quibus tamen nihil verè constat.

Varia sanè ejus eruditio aliud prodere non potest, quàm Virum ingenuè natum, magna seculi felicitate, quod bonarum literarum erat feracissimum. Excepit nempe coluitque ea ætas Viros scientia, prudentia, ac eloquentia summos, Tullium, Sallustium, Catullum, Virgilium, Propertium, Horatium, Tibullum, Manilium, Vitruvium, Antonium Musam, Ovidium, Livium, Scribonium Largum, Valerium Maximum, Vellejum Paterculum: atque si se in Claudii imperium ipsius extenderit vita, Quintum Curtium, Persium, Senecam, Silium Italicum, Plinium, viros omnes consummatissimos, in quibus tamen postremum nonnulli Celso juniorem censent.

Opinionem meam firmat laudabilis veterum consuetudo, qua tria nomina nobiliorum, Celso etiam Plinii auctoritate rata; Libertis rarò, nec fermè sine gravi causa unquam concessa scimus, quibus tamen semper servile nomen remansit. Nec moror, quòd Celsi Epistolæ apud Marcellum in limine operis prænomen desit, quo soli Romani insigniebantur. Nomen enim apud bonos auctores sæpe prænomen et cognomen includit. Hinc Martialis:

"Ut jugulem curas, nomen utrumque bibam."

Salutaribus itaque disciplinis Græcisque literis, non levi nobilitatis indicio, rectè institutus, facilè potuit seculó tam augusto ac beato, nihil non (ut ipse in Epistola ad Natalem refert) dignum sublimi Romanorum majestate de bono Medicinæ artis splendidissimè scribere, idque perennitati et literis mandare, utilitatis magis quàm delectationis causa.

Scio equidem, non deesse multæ auctoritatis viros, qui ex modò adducta Celsi epistola opinantur, ipsum animo in diversa studia diviso, Græca duntaxat medicinalia in Latinum convertisse, aut Empedoclis et Democriti exemplo non ut

Robertus Walturius indeed ranks Julius Celsus among those who wrote on military affairs, and some even ascribe to him the Commentaries of Julius Cæsar; concerning which there appears no reasonable argument.

That he was learned on many subjects there can be no doubt; but that proves nothing, except that he was sprung from a respectable family, and born in an age most fruitful in the production of great and learned men, an age indeed which produced and reared the greatest men in literature, philosophy, and eloquence. Cicero, Sallust, Catullus, Virgil, Propertius, Horace, Tibullus, Manilius, Vitruvius, Antonius Musa, Ovid, Livy, Scribonius Largus, Valerius Maximus, Velleius Paterculus; and if we extend his life to the reign of Claudius, there were Quintus Curtius, Persius, Seneca, Silius Italicus, Pliny, all of whom were men of the most consummate learning, the last of whom is considered by some to be younger than Celsus.

That laudable custom among the ancients strengthens my opinion, by which the three names of nobility, on the authority of Pliny, were conferred on Celsus; for we know they were hardly ever allowed to freed men, except on some very particular occasion, to whom the servile name always remained. Nor do I doubt it, because in that letter which Celsus wrote to Marcellus, the prænomen, by which the Romans alone were distinguished, was not inserted at the commencement of the work. For the name among reputed authors often includes the name and surname. Hence that epigram of Martial:

"Ut jugulem curas, nomen utrumque bibam."

We have the most indubitable proof of his nobility, by being so well instructed, and that too in Grecian literature, (as he himself observes in his letter to Natales,) that he could write with facility on the theory and art of Medicine in a style not unworthy of the majestic sublimity of a Roman even in the Augustan age, not for the pleasure of an empty name, but for the sake of future ages and the cause of literature.

Indeed I am aware, that there are not wanting men of authority, who argue from that letter, that his mind being directed to various studies, he only translated those Greek Medical works into Latin after the example of Empedocles and Democritus, not as a professed physician for gain, but

merus atque ad quæstum medicus, sed ut sapientem, atque, ut Columellæ verbis utar, universæ naturæ prudentem, medicinam veluti philosophiæ partem cum sapientiæ studio conjunxisse. Ideoque nec factam ejus ab Aureliano mentionem, Barthio Adv. lib. xxxviii. cap. 3. censente. Nec denique unquam medicinæ operatum. Credat qui volet. Nec eam litem meam facio.

Medicum certè agnovit magnus Scaliger. Remedia quidem, Hippocratis et Galeni exemplo, aliunde congesta digessisse, ultrò largior, ipsam verò morborum τέκμαρσιν et θεραπείαν proprio ingenii ductu contextam pro me res ipsa loquitur. Quin ipsum pharmaca præbuisse, non mediocri gloria, ex ipsius ad Julium Callistum epistola satis liquet. Quorum artificiosam mistionem se accuratè intellexisse prodit ipse lib. vii. cap. 26. Unde Cornarius fortassis inter pharmaceuticos reposuit. Imò dedita opera ab aliis prætermissa proferre ac illustrare voluisse censuit Minadous, variæ eruditionis medicus.

Maximèque medicum ejus chirurgica probant, quæ Gesneri in Catalogo Chirurgorum sententia, veterum solus Latinè scripsit, ut verè ipsum inter Chirurgos reponat doctissimus Septalius. Tanta verò id fide peregit, ut Hieronymus ab Aquapendente, medicus et chirurgus usu vel annis nemini secundus, in Operat. Chirurg. cap. de Chir. Dent. his verbis sese in ipsius laudes diffuderit: " Mirabilis Celsus in omnibus: quem nocturna versare manu, versare diurna, consulo."

Nec mirum: quum Celsus eruditissimo Manardo Epist. Medic. lib. ix. Epist. 1. bonus et fidelis Hippocratis interpres, licet in aliquo verbo quandoque lapsus videatur. Quod viro in omni literarum genere exercitato vel ipsa πολυγραφία libenter profectò condonari jubet, quamvis non diffiteatur ipse non pauca se ex aliena quandoque sententia posuisse.

Horatio pariter Augenio de Miss. Sanguin. lib. viii. Lomnio, Ronsseo, Schenckio, Jo. Heurnio, Bened. Matamoro, Rod. à Castro, innumerisque præclari judicii medicis, propter singularem et succinctam cum elegantia doctrinam, Latinus Hippocrates appellatur, in quo Pantini judicio Comment. ad Celsi lib. i. cap. 1. optimæ methodi ac viæ ra-

as a philosopher, and that I may use the language of Columella, "being skilled in natural philosophy, he joined that to medicine." Neither do I yield my assent to the opinion of Aurelian, Barth. Adver. lib. xxxviii. c. 3., and finally, "that he never practised medicine, let him believe it who will; I will not dispute about it with him."

The great Scaliger certainly acknowledges him to have been a physician; and that he dispensed medicine after the manner of Hippocrates and Galen is very evident to me, but that he prepared his doses by his own judgment and the symptoms of the disease. It is also very clear from his own letter to Julius Callistus, that he practised pharmacy with great success; and that he perfectly understood the art of compounding drugs, he himself gives a sufficient proof in lib. vii. c. 26. from whence Cornarius perhaps ranks him among druggists. Minadous, indeed, a physician of extensive learning, says that he lent his aid in bringing forward and illustrating neglected works which had been written by others.

His chirurgical works certainly prove him to have been a physician, which, in the opinion of Gesner in his Catalogue of Surgeons, he alone of the ancients wrote in Latin. The very learned Septalius also places him among surgeons: which art he practised with so much skill, that Hieronymus ab Aquapendente, a physician and surgeon, second to none either in theory or practice, speaks of him in this manner:—"Celsus! admirable in all things, whom I peruse day and night." Opera Chirurg. Cap. de Chir. Dent.

Neither is it surprising that the very learned Manardus should quote him in such high terms, Epist. Med. lib. ix. epist. 1, as a good and faithful interpreter of Hippocrates, although in some words he may be supposed to have erred, which he willingly admits may be excused in a man engaged in such a variety of literary pursuits, and even of writing; although it cannot be denied that he advanced many opinions of his own.

Horatius, together with Augenius, on blood-letting, lib. viii., Lomnius, Ronsseus, Schenckius, Heurnius, Bened. Matamorus, Rhodius of Cleves, and innumerable other physicians of eminent learning styled him the Latin Hippocrates, on account of his extraordinary learning joined to such purity of language, that in the judgment of Pantinus in his Commentaries on Celsus, lib. i. cap. 1, "the best method of

tionisque docendi disceadique, et in summa brevitate mira artis et sapientiæ observatio plerunque animadvertatur.

Rectè igitur Agricola de Pond. Rom. lib. iv. "Celsi," inquit, "auctoritas medicis nota est, aut saltem esse debet." Quam elegantissimis verbis Cœlius Rhodiginus Antiq. Lect. lib. xxvi. cap. 3. insinuavit: "A Cornelio Celso versuram faciunt multi. Verùm citra illius sententiam nihil fermè promunt; perinde ac verba sint veterum sacrorum, quæ demutasse piaculare flagitium planè censeri debeat, quodque hostiis majoribus procures."

Inde Fernelio, Franciæ Hippocrati, referente Plautio in Vita Fernelii, cùm ob orationis puritatem, tum ob sententiarum pondus, quàm charissimus fuit. Verùm, ne nimiis laudibus veriùs is oneretur, quàm ornetur, quem mortalium nemo rectè vituperavit: unicum Heurnii judicium, inter cetera gravissimum, huic virtutum coronæ lemnisci loco satis erit.

Ita ille Meth. Stud. Med. cap. 5. "Latinos inter medicos primus est Cornelius Celsus: sed prudenter legendus. Nam in multis Asclepiadem Methodicum sectatur, ut fatetur ipse. HUJUS COTE STYLUM SUBIGEMUS, ET PLURIS LATINITATEM EJUS QUAM MEDICINAM FACIEMUS." Unicus itaque Celsus, ut scitè idem in Epist. ad Ronss. Celso, præfixa, medicis Latinis præferatur: qui pomœria Romanæ eloquentiæ eò protulit, ut medicina suavissimo ore eloquentiæ jam sese cultioribus ingeniis meritò commendet.

His quotquot naturæ associavit benignitas, æquos adferte animos, eleganti favete linguæ. Ita vobis, et verum animi sermonisque cultum, et firma valetudinis præsidia parabitis. Tantum est.

"Optandum est, ut sit mens sana in corpore sano!"

teaching, the most rational plan of learning, with the most extreme brevity of art and science, pervade the greater part of his work."

Therefore Agricola, in his Ponder. Romanorum, lib. iv. very properly remarks, that the AUTHORITY OF CELSUS IS, OR OUGHT TO BE KNOWN TO ALL MEDICAL MEN. Cælius Rhodiginus has exclaimed in the most forcible language, that many depredations have been committed on the fame of Cornelius Celsus, but, with the exception of promulgating his opinions to the world, they have elicited nothing of their own; they have mangled or sophisticated those sacred records, which crime ought to be deemed a sacrilege, and should be expiated by retributive atonement proportioned to the deed.

Hence Plautius in his life of Fernelius, the French Hippocrates, mentions him in the most complimentary manner, not only for the purity of his language, but also for the solidity of his opinions. But lest we should overrate his excellencies in our zeal to display his genius, which no one has blamed with propriety; let us add the opinion of Heurnius, who assigns a crown of virtue to him rather than a garland of flowers.

The same author, in his Study of Medicine, says, chap. 5, that Celsus is the first of Latin physicians, but he must be read with caution, for in many things he followed the method of Asclepiades as he himself confesses. THEREFORE ON HIS MODEL LET US FORM OUR STYLE, AND ADMIRE HIS LATIN MORE THAN HIS MEDICINE. We have the same opinion prefixed in a letter to Ronsseus' edition of Celsus, wherein he says, "We should prefer his Latin to his medicine, for he has deservedly obtained the highest station in Roman literature by his work, so that the study of medicine may now recommend itself to the man of genius in the sweetest strains of eloquence."

Therefore let that felicitous association, in youth, be united to an unbiassed mind, and cultivate the elegance of his language. So that by these means they will ensure for themselves the most valuable improvement both of mind, language, and the safest remedies for the recovery of health. I must finish, "with the sincerest wish, that you may always possess a sound mind in a vigorous frame."

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No. 1.

Roman Measures of Capacity for Liquids, reduced to English Wine Measure from the Medical Tables of Dr. Arbuthnot.

										Eng. Gal.	Pints.	Inches.
Ligula										0	$\frac{1}{48}$	0.117
4	Cyathus									0	$\frac{1}{12}$	0.489
6	$1\frac{1}{2}$	Acetabulum								0	$\frac{1}{2}$	0.704
12	3	2	Quartarius							0	$\frac{1}{4}$	1.409
24	6	4	2	Hemina						0	$\frac{1}{2}$	2.818
48	12	8	4	2	Sextarius					0	1	5.636
288	72	48	24	12	6	Congius				0	7	4.942
1152	288	192	96	48	24	4	Urna			3	$4\frac{1}{2}$	5.33
2304	576	384	192	96	48	8	2	Amphora		7	1	10.66
46080	11520	7680	3840	1920	960	160	40	20	Culeus	143	3	11.095

No. 2.

Troy Weight corresponding in Measure and Gravity.

	Urna.	Libra.	Uncia.	Den.	Scrup.	Sextans.	Chalcus.	Grana.
Amphora	= 2	= 80	= 960	= 6720	= 20160	= 40320	= 403200	= 420480
Urna	1	= 40	= 480	= 3360	= 10080	= 26160	= 210600	= 210240
Congius	$\frac{1}{4}$	= 10	= 120	= 840	= 2540	= 5040	= 50400	= 52920
Sextarius			20	= 140	= 420	= 840	= 8400	= 8760
Libra			12	= 84	= 252	= 504	= 5040	= 5256
Hemina			$8\frac{1}{2}$	= 60	= 180	= 360	= 3600	= 3759
Acetabulum			$2\frac{1}{2}$	= 15	= 45	= 90	= 900	= 939
Sequi-Cyathus			$2\frac{1}{2}$	= 15	= 45	= 90	= 900	= 939
Cyathus			$1\frac{2}{3}$	= 10	= 30	= 60	= 600	= 626
Sescuncia			$1\frac{1}{2}$	= $10\frac{1}{2}$	= $31\frac{1}{2}$	= 63	= 630	= 657
Uncia			1	= 7	= 21	= 42	= 420	= 438
Cochleare				$2\frac{1}{2}$	= $7\frac{1}{2}$	= 15	= 150	= 156
Drachma				1	= 3	= 6	= 60	= $62\frac{1}{2}$
Denarius				1	= 3	= 6	= 60	= $62\frac{1}{2}$
Scrupulus					1	= 2	= 20	= $20\frac{1}{2}$
Scrup. dimid.					$\frac{1}{2}$	= 1	= 10	= $10\frac{1}{2}$
Obolus						1	= 10	= $10\frac{1}{2}$
Sextans						1	= 10	= $10\frac{1}{2}$
Chalcus							1	= $1\frac{1}{20}$

No. 3.

The Weights of Celsus compared with Apothecaries' Weight.

Libra.		Sescuncia.		Uncia.		Semuncia.		Denarius.		Sextantes.		Gr. Troy wt.		Apoth. wt. ℥.	ʒ.	℈.	Gr.
1	=	8	=	12	=	24	=	84	=	504	=	5208	=	10	6	2	8
		1	=	1½	=	3	=	10½	=	63	=	651	=	1	2	2	11
				1	=	2	=	7	=	42	=	434	=	0	7	0	14
						1	=	3½	=	21	=	217	=	0	3	1	17
								1	=	6	=	62	=	0	1	0	2
										1	=	10½	=	0	0	0	1

Note 1. The Romans divided all integers, as they did their As, into twelve equal parts called unciæ; thus—

Sextans = was equal to the sixth of an As, or two unciæ.
Quadrans = was equal to one-fourth, or three unciæ.
Triens = was equal to a third part, or four unciæ.
Semis = was equal to one-half, or six unciæ.
Bes = was equal to two-thirds, or eight unciæ.
Dodrans = was equal to three-fourths, or nine unciæ.
P . . . . = this joined to any other mark signifies by weight.
P . , per se = signifies a pound.
⋊ . . . . = to one denarius.
= non per se = nearly the sixth of a drachm.
= = . = to two sextans.
, . . . = to one sextans.
—— . . , = to one-half of a sextans.

The weights of all these differ, as the Integer may be the Libra, the Uncia, or Denarius, which the attentive reader can easily calculate if he be so disposed, observing that they are not to be taken for aliquot parts of the denarius, but of the preceding mark. The nature of the composition and the character prefixed will be the best explication.

Note 2. The mark for the Denarius was originally X or ⋊ containing ten small asses. This was confounded by the transcribers with ⋊ being equivalent to ten Denarii: so that after all the labour of critics and commentators, the proportions are irrecoverably lost in several formulæ, and for this reason I have followed the example of later editors in affixing an arbitrary mark thus ⋊.

Note 3. The characters for quantities are variously marked in different editions, and the same character has several values affixed on it. There is one of this uncertainty in Celsus, that is Z., which we are informed by Rhodius in his Treatise on the Weights and Measures of Celsus, expresses the *Libra*, the Sescunciæ, the *Sextans* of a pound, the *Denarius* and the *Sextans* of a *Denarius*. Which of these different values it bears must be determined by the connection. When it follows the mark of a *Denarius*, it can mean no more than the *Sextans* of a *Denarius*.

Note 4. P. stands for pondo, which is an indeclinable word, and when joined with numbers signifies a pound: when with other weights, it is equivalent to pondus or weight in general. The very accurate and learned antiquarian, Greaves, from repeated experiments, computed the Roman Denarius to contain 62 grains English Troy weight, from which the proportions of the other weights are determined. The Roman Foot is computed at 11.604 inches, which is the standard of capacity. The *Manipulus* was equal to 120 gr. The Pugillus, as much as may be taken up in three fingers was computed at 30 gr. The Amygdala with its shell 30 gr. The Amygdala decorticated 10 gr. Egyptian Bean 20 gr. The Common Italian Bean 10 gr. Granum Piperis 2 gr. The Nux Juglandis 120 gr.

A. CORN. CELSI

DE MEDICINA

LIBER PRIMUS.

PREFATIO.

Ut alimenta sanis corporibus agricultura, sic sanitatem ægris medicina promittit. Hæc nusquam quidem non est. Siquidem etiam imperitissimæ gentes herbas, aliaque prompta in auxilium vulnerum, morborumque noverunt. Veruntamen apud Græcos aliquanto magis quam in cæteris nationibus exculta est, ac ne apud hos quidem à prima origine, sed paucis ante nos seculis; utpote cum vetustissimus auctor Æsculapius celebretur. Qui quoniam adhuc rudem et vulgarem, hanc scientiam paulo subtilius excoluit, in Deorum numerum receptus est. Hujus deinde duo filii, Podalirius et Machaon, bello Trojano ducem Agamemnonem secuti,

ORDO.

LIBER PRIMUS

AUR. COR. CELSI

DE MEDICINA.

PREFATIO.

Ut agricultura promittit alimenta sanis corporibus, sic medicina (promittit) sanitatem ægris. Quidem, nusquam, hæc non est. Siquidem etiam imperitissimæ gentes noverunt herbas, que alia prompta in auxilium vulnerum, que morborum. Veruntamen exculta est apud Græcos aliquanto magis, quam in cæteris nationibus, ac ne quidem, apud hos a prima origine, sed paucis seculis ante nos; utpote cum Æsculapius celebretur vetustissimus auctor. Qui, quoniam excoluit hanc scientiam adhuc rudem et vulgarem, paulo subtilius, receptus est in numerum Deorum. Deinde, hujus duo filii, Podalirius et Machaon, secuti ducem Agamemnonem bello Trojano,

TRANSLATION.

THE FIRST BOOK

OF

AURELIUS CORNELIUS CELSUS

ON MEDICINE.

PREFACE (1) (a).

As agriculture provides aliment to the sound body, so medicine does health to the sick. Indeed, no part of the world is without this art. For the most uncultivated nations know the properties of herbs, and other prompt remedies for wounds and diseases. But it was cultivated by the Greeks, a little more than other nations, yet not even by them from the origin of that people, but a few ages before us; as it would appear Æsculapius is celebrated as their most ancient author, who, because he cultivated this art, hitherto rude and barbarous, a little more skilfully, was received into the number of their gods. Afterwards, his two sons, Podalirius (2) and Machaon, having followed their general, Agamemnon, to the Trojan war, did not

(a) The numbers (1), (2), (3), &c. refer to Notes at the end of the volume.

non mediocrem opem commilitonibus suis attulerunt. Quos tamen Homerus non in pestilentia, neque in variis generibus morborum aliquid attulisse auxilii, sed vulneribus tantummodo ferro et medicamentis mederi solitos esse, proposuit. Ex quo apparet, has partes medicinæ solas ab his esse tentatas, easque esse vetustissimas. Eodemque auctore disci potest, morbos tum ad iram deorum immortalium relatos esse, et ab iisdem opem posci solitam. Verique simile est, inter nulla auxilia adversæ valetudinis, plerumque tamen eam bonam contigisse ob bonos mores, quos neque desidia, neque luxuria vitiarant. Siquidem hæc duo corpora, prius in Græcia, deinde apud nos afflixerunt. Ideoque multiplex ista medicina, neque olim, neque apud alias gentes necessaria, vix aliquos ex nobis ad senectutis principia perducit. Ergo etiam post eos, de quibus retuli, nulli clari viri medicinam exercuerunt; donec majore studio litterarum disciplina agitari cœpit, quæ ut animo præcipue omnium necessaria, sic corpori inimica est. Primoque medendi scientia, sapientiæ pars habebatur, ut et morborum curatio, et rerum naturæ contemplatio sub iisdem auctoribus nata sit: scilicet iis hanc

ORDO.

attulerunt suis commilitonibus, non mediocrem opem: tamen quos Homerus proposuit, non attulisse aliquid auxilii in pestilentia, neque in variis generibus morborum, sed solitos esse mederi vulneribus tantummodo, ferro et medicamentis. Ex quo apparet, has partes medicinæ, solas esse tentatas, ab his; que eas esse vetustissimas: que potest disci eodem auctore, tum morbos esse relatos ad iram immortalium Deorum; et solitam posci opem ab iisdem. Que est simile veri, inter nonnulla auxilia valetudinis adversæ, tamen plerumque eam contigisse bonam, ob bonos mores, quos neque desidia, neque luxuria vitiarant. Siquidem hæc duo (vitia) prius afflixerunt corpora in Græcia, deinde apud nos. Ideoque ista multiplex medicina, neque necessaria olim, neque apud alias gentes, vix perducit aliquos ex nobis ad principia senectutis. Ergo etiam post eos de quibus retuli, nonnulli clari viri exercuerunt medicinam, donec disciplina litterarum cœpit agitari majore studio, quæ, ut est omnium præcipuè necessaria animo, sic (est) inimica corpori. Que primò scientia medendi habebatur pars sapientiæ, ut, et curatio morborum, et contemplatio naturæ rerum, nata sit sub iisdem auctoribus; scilicet, his requi-

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render little assistance to their fellow soldiers. But Homer has represented that they did not attempt to cure pestilence nor various other kinds of diseases, but were in the habit of dressing wounds by the knife and medicines only: by which it appears, they were accustomed to treat surgical cases only, and that this was the most ancient. It may be learned from the same author, that diseases were then ascribed to the anger of the immortal gods, and it was usual to implore their aid. It is also very likely, that as there were but few remedies known for sickness, yet for the most part it happened that men enjoyed good health from the simplicity of their morals, which neither idleness nor luxury had vitiated. Since, indeed, these two vices, first in Greece, then among us, have greatly exerted their baneful influence on the human frame. Hence, that multiplied variety of remedies, unnecessary in ancient times and even now among other nations, can hardly support any of us to the first stages of old age. Therefore, after those whom I have mentioned, few men of eminence practised medicine until learning began to be prosecuted with greater ardour, which, as it is of all things most necessary to the mind, so it is equally injurious to the body; and, at first, the science of healing was esteemed a branch of philosophy, as the cure of diseases and the study of the laws of nature had their origin under the same masters; which may be supposed from those chiefly

maxime requirentibus, qui corporum suorum robora quieta cogitatione, nocturnaque vigilia minuerant. Ideoque multos ex sapientiæ professoribus peritos ejus fuisse accepimus; clarissimos vero ex iis Pythagoram, et Empedoclem, et Democritum. Hujus autem, ut quidam crediderunt, discipulus Hippocrates Cous, primus quidem ex omnibus memoria dignis, ab studio sapientiæ disciplinam hanc separavit, vir et arte et facundia insignis. Post quem Diocles Carystius, deinde Praxagoras et Chrysippus, tum Herophilus et Erasistratus sic artem hanc exercuerunt, ut etiam in diversas curandi vias processerint. Iisdemque temporibus in tres partes medicina diducta est: ut una esset, quæ victu; altera, quæ medicamentis; tertia, quæ manu mederetur. Primam διαιτητικὴν, secundam φαρμακευτικὴν, tertiam χειρουργικὴν Græci nominarunt. Ejus autem quæ victu morbos curat, longe clarissimi auctores etiam altius quædam agitare conati, rerum quoque naturæ sibi cognitionem vindicarunt, tamquam sine ea, trunca et debilis medicina esset. Post quos Serapion, primus omnium, nihil hanc rationalem disciplinam pertinere ad medicinam, professus, in usu tantum et experimentis eam posuit. Quem Apollonius et

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rentibus maximè hanc, qui minuerant robora suorum corporum, inquieta cogitatione, que nocturna vigilia; ideoque accepimus multos ex professoribus sapientiæ, fuisse peritos ejus: vero Pythagoram, et Empedoclem, et Democritem clarissimos ex his. Autem Hippocrates Cous hujus discipulus, (ut quidam crediderunt;) vir insignis et arte et facundia, ex omnibus dignis memoria, primus, quidem, separavit hanc disciplinam ab studio sapientiæ. Post quem Diocles Carystius, deinde Praxagoras, et Chrysippus; tum Herophilus et Erasistratus sic exercuerunt hanc artem, ut etiam processerint in diversas vias curandi. Iisdemque temporibus, medicina deducta est in tres partes, ut una esset, quæ mederetur victu, altera quæ medicamentis, tertia quæ manu. Græci nominaverunt Primam Διαιτητικὴν, id est Diæteticen, secundam Φαρμακευτικὴν, id est Pharmaceuticen, tertiam Χειρουργικὴν, id est Chirurgicen. Autem, longè clarissimi auctores ejus quæ curat morbos victu, etiam conati agitare quædam altius, vindicaverunt sibi cognitionem rerum naturæ quoque, tanquam sine ea medicina esset trunca et debilis. Post quos, Serapion primus omnium, professus, hanc rationalem disciplinam nihil pertinere ad medicinam, posuit eam in usu et ex-

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requiring its aid, who had impaired their constitutions by arduous study and midnight watching. Accordingly, we learn that many professors of philosophy were skilled in it. Amongst whom, Pythagoras, Empedocles, and Democritus, were the most distinguished. But Hippocrates, of Cos, a disciple of the last, as some believe, was the first worthy of memory who separated this science from philosophy; a man not less admired for his skill in this art than in that of eloquence. After whom, Diocles, the Carystian; after these, Praxagoras and Chrysippus; then Herophilus and Erasistratus also exercised this art, although they proceeded in different modes of treatment. And in those times medicine was so divided into three parts, that there should be one which would be cured by diet, another by medicine, and a third by manual operation. The first of these the Greeks called diæteticé, the second pharmaceuticè, and the third chirurgicé. But by far the most illustrious professors of that branch which cures diseases by regimen have endeavoured also to embrace natural philosophy. They have also claimed to themselves a certain profound knowledge, without which medicine would be lame and imperfect. After whom came Serapion, who, first of all, maintained that this theoretical study did not relate to medicine: he confined it to practice and experiments.

Glaucias et aliquanto post Heraclides Tarentinus, et alia quoque non mediocres viri secuti, ex ipsa professione se ἐμπειρικοὺς appellaverunt. Sic in duas partes ea quoque, quæ victu curat, medicina divisa est, aliis rationalem artem, aliis usum tantum sibi vindicantibus: nullo vero quidquam post eos, qui supra comprehensi sunt, agitante, nisi quod acceperat: donec Asclepiades medendi rationem ex magna parte mutavit. Ex cujus successoribus Themison nuper ipse quoque quædam in senectute deflexit. Et per hos quidem maxime viros salutaris ista nobis professio increvit.

Quoniam autem ex tribus medicinæ partibus, ut difficillima, sic etiam clarissima est ea, quæ morbis medetur, ante omnia de hac dicendum est. Et quia prima in eo dissensio est, quod alii sibi experimentorum tantummodo notitiam necessariam esse contendunt; alii, nisi corporum rerumque ratione comperta, non satis potentem usum esse proponunt: indicandum est, quæ maxime ex utraque parte dicantur, quo facilius nostra quoque opinio interponi possit. Igitur ii, qui rationalem medicinam profitentur, hæc necessaria esse proponunt: abditarum et morbos continentium cau-

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perimentis. Quem Apollonius, et Glaucias, et aliquanto post Heraclides Tarentinus, et alii quoque, non mediocres viri secuti, appellaverunt se ἐμπειρικοὺς ex ipsa professione. Sic quoque ea medicina, quæ curat victu, divisa est in duas partes, aliis vindicantibus sibi artem rationalem, aliis usum tantum: vero nullo, agitante quidquam, post eos, qui comprehensi sunt supra, nisi quod acceperat: donec Asclepiades mutavit rationem medendi ex magna parte. Ex successoribus cujus Themison ipse nuper, deflexit quædam quoque in senectute. Et quidem per hos viros maxime ista salutaris professio increvit nobis.

Autem quoniam ex tribus partibus medicinæ, ut difficillima, ea quæ medetur morbus, sic est etiam clarissima, de hac dicendum est ante omnia. Et prima, quia, est dissensio in eo, quod alii tantummodo contendunt notitiam experimentorum esse necessariam sibi: alii proponunt, nisi ratione corporum que rerum comperta; usum non esse satis potentem: indicandum est quæ dicantur ex utraque parte maximè; quò nostra opinio possit interponi faciliùs quoque. Igitur hi qui profitentur rationalem medicinam, proponunt hæc esse necessaria. Notitiam abditarum

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Apollonius and Glaucias, and a little after followed Heraclides, a Tarentine, and others of some celebrity, who, from the profession itself, called themselves empirics. So that branch of medicine which cures by diet was divided into two parts; some claiming to themselves the theoretical art, others only the practical. But after those who are mentioned above, none attempted anything, except what he had received from his predecessors, until Asclepiades changed the art of healing in a great measure. Themesion, one of his successors, also has lately (3) differed from him in some things in his old age. And, indeed, this salutary profession has been greatly improved to us by these great men.

But since, of the three parts of medicine, that which relates to the general treatment of disease, as it is the most difficult, so it is also the most noble; to this we must direct our investigation before we can proceed any farther. Because on this point there is some dissension; some contend, that a knowledge of experiment, is only necessary, whilst others affirm, that practice alone is not sufficient without a knowledge of the constituents (4) of bodies: the principal arguments on each side will be pointed out, by which my own opinion may be the more easily introduced. Therefore those who profess theoretical medicine, contend that diseases, and a knowledge of their latent and contingent causes to be

sarum notitiam; deinde evidentium, post hæc etiam naturalium actionum, novissime partium interiorum. Abditas causas vocant, in quibus requiritur, ex quibus principiis nostra corpora sint, quid secundam, quid adversam valetudinem faciat. Neque enim credunt, posse eum scire, quomodo morbos curare conveniat, qui, unde hi sint, ignoret. Neque esse dubium, quin alia curatione opus sit, si ex quatuor principiis vel superans aliquod vel deficiens adversam valetudinem creat; ut quidam ex sapientiæ professoribus dixerunt: alia, si in humidis omne vitium est; ut Herophilo visum est: alia, si in spiritu; ut Hippocrati: alia, si sanguis in eas venas, quæ spiritui accommodatæ sunt, transfunditur, et inflammationem, quam Græci φλεγμονὴν nominant, excitat, eaque inflammatio talem motum efficit, qualis in febre est; ut Erasistrato placuit: alia, si manantia corpuscula, per invisibilia foramina subsistendo, iter claudunt, ut Asclepiades contendit. Eum vero recte curaturum, quem prima origo causæ non fefellerit. Neque vero inficiantur, experimenta quoque esse necessaria; sed ne ad hæc quidem aditum fieri potuisse, nisi ab aliqua ratione, contendunt. Non enim quidlibet anti-

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causarum et morbos continentium, deinde evidentium, post hæc etiam actionum naturalium, novissime, partium interiorum. Vocant abditas causas, in quibus requiritur, ex quibus principiis nostra corpora sint, quid faciat secundam, quid adversam valetudinem. Enim neque credunt eum posse scire quomodo conveniat curare morbos, qui ignoret unde hi sint. Neque esse dubium, quin sit opus alia curatione, si aliquod ex quatuor principiis, vel superans, vel deficiens, creat valetudinem adversam; ut quidam ex professoribus dixerunt; alia si omne vitium est in humidis; ut est visum Herophilo; alia, si in spiritu; ut Hippocrati: alia, si sanguis transfunditur in eas venas, quæ sunt accommodatæ spiritui, et excitat inflammationem, quam Græci nominant Φλεγμονὴν (Phlegmonen), que ea inflammatio efficit talem motum, qualis est in febre; ut placuit Erasistrato: alia, si corpuscula manentia per invisibilia foramina claudunt iter subsistendo; ut Asclepiades contendit. Vero eum curaturum recte, quem prima origo non fefellerit. Vero neque inficiantur experimenta esse necessaria quoque; sed quidem, contendunt ne aditum potuisse fieri ad hæc, nisi ab aliqua ratione. Enim antiquiores viros non inculcasse quidlibet ægris;

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necessary, then of their evident ones; after which of their natural functions, and lastly of their internal structure. They call those hidden causes, by which it is required to be known the component principles of our bodies, what restores health, what constitutes disease. For they do not believe it possible for a man to be competent to cure a disease, who is ignorant of its source: nor can there be any doubt for another mode of treatment, if there be a redundancy or deficiency of any one of the four elementary principles existing in a disease, as some of the philosophers have maintained; another, if the whole of the malady be in the humours, as it appeared to Herophilus; another, if by inspiration, after Hippocrates; another, if the blood be extravasated into those vessels (5) which are destined for air, and excites inflammation which the Greeks designate phlegmonè, and, that inflammation produces such arterial action as may be seen in fever; according to Erasistratus; another again, led by Asclepiades, insisted on the atomic particles being obstructed in their passage by invisible foramina: but that he will assuredly succeed well, who may not have been deceived in the proximate cause. Neither do they deny the necessity of experiments, but contend, even these cannot be obtained without some theory; for the ancients did not administer, any thing which

quiores viros ægris inculcasse; sed cogitasse, quid maxime conveniret, et id usu explorasse, quo ante conjectura aliqua duxisset. Neque interesse, an nunc jam pleraque explorata sint, si a consilio tamen cœperunt. Et id quidem in multis ita se habere. Sæpe vero etiam nova incidere genera morborum, in quibus nihil adhuc usus ostenderit; et ideo necessarium sit animadvertere, unde ea cœperint; sine quo nemo mortalium reperire possit, cur hoc, quam illo, potius utatur. Et ob hæc quidem in obscuro positas causas persequuntur. Evidentes vero eas appellant, in quibus quærunt, initium morbi calor attulerit, an frigus; fames, an satietas; et quæ similia sunt. Occursurum enim vitio dicunt eum, qui originem non ignorarit. Naturales vero corporis actiones appellant, per quas spiritum trahimus et emittimus; cibum potionemque et assumimus et concoquimus: itemque, per quas eadem hæc in omnes membrorum partes digeruntur. Tum requirunt etiam, quare venæ nostræ modo submittant se, modo attollant; quæ ratio somni, quæ vigilæ sit: sine quorum notitia, neminem putant vel occurrere, vel mederi morbis, inter hæc nascentibus, posse. Ex quibus quia maxime perti-

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sed cogitasse quid conveniret maximè; et id explorasse usu, quo ante duxisset aliquâ conjecturâ. Neque interesse, an pleraque explorata sint nunc jam, si tamen cœperint à consilio. Et quidem, id habere se ita in multis. Vero etiam, nova genera morborum sæpe incidere, in quibus usus ostenderit nihil adhuc; et ideo sit necessarium animadvertere, unde ea cœperint; sine quo, nemo mortalium possit reperire cur utatur hoc, potius quam illo. Et quidem ob hæc persequuntur causas positas in obscuro. Vero appellant eas evidentes in quibus quærunt, an calor, an frigus attulerit initium morbi; (an) fames an satietas; et quæ sunt similia. Enim dicunt eum qui non ignorarit originem occursurum vitio. Verò appellant naturales actiones corporis per quas trahimus et emittimus spiritum; assumimus et concoquimus cibum que potionem; que item per quas hæc eadem digeruntur in omnes partes membrorum. Tum etiam requirunt, quare nostræ venæ modò submittant se, modò attollant; quæ sit ratio somni, quæ vigiliæ. Sine notitia quorum putant neminem posse vel occurrere mederi morbis nascentibus inter hæc. Quia, ex quibus, concoc-

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might have pleased the patient; but carefully considered what might be most proper, and discovered that by practice, which had previously been pointed out by some conjecture. Neither does it interest us to discuss those remedies now discovered, provided they began on a rational theory: and they affirm the same argument to be applicable in many cases; but new species of diseases frequently appear in which practice, as yet, has disclosed nothing: and on this account it is necessary to investigate their origin; without which no mortal can discover, why he should use one remedy, rather than another. And for these reasons they examine the causes enveloped in obscurity. They designate those evident causes, in which they inquire, whether heat or cold, hunger or excess, and such like, may have given origin to the disease; for they maintain that a man can oppose a malady who is not ignorant of its origin.

They call those natural actions of the body by which we inspire and expire the breath, the reception and digestion of our food and drink, and also by what means they are conveyed to all parts of the body. Then they also inquire, from what cause our arteries rise and fall, what may be the theory of sleep and vigilance; without a knowledge of which they think no one can either mitigate or cure incipient diseases arising from these causes. By which, it appears they attach much

nere ad rem concoctio videtur, huic potissimum insistunt; et duce alii Erasistrato, teri cibum in ventre contendunt; alii Plistonico Praxagoræ discipulo, putrescere; alii credunt Hippocrati, per calorem cibos concoqui: acceduntque Asclepiadis æmuli, qui, omnia ista vana et supervacua esse, proponunt: nihil enim concoqui, sed crudam materiam, sicut assumpta est, in corpus omne diduci. Et hæc quidem inter eos parum constant; illud vero convenit, alium dandum cibum laborantibus, si hoc; alium, si illud verum est. Nam si teritur intus, eum quærendum esse, qui facillime teri possit; si putrescit, eum, in quo hoc expeditissimum est; si calor concoquit, eum, qui maxime calorem movet: at nihil ex his esse quærendum, si nihil concoquitur; ea vero sumenda, quæ maxime manent, qualia assumpta sunt. Eademque ratione, cum spiritus gravis est, cum somnus aut vigilia urget, eum mederi posse arbitrantur, qui prius illa ipsa qualiter eveniant, perceperit. Præter hæc, cum in interioribus partibus et dolores et morborum varia genera nascantur, neminem putant his adhibere posse remedia, qui ipsas ignoret.

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tio videtur pertinere ad rem maximè; insistunt potissimum huic; et duce Erasistrato, alii contendunt cibum teri in ventre; alii Plistonico discipulo Praxagoræ, putrescere; alii credunt Hippocrati, cibos concoqui per calorem. Que æmuli Asclepiadis accedunt, qui proponunt omnia ista esse vana et supervacua: enim nihil concoqui, sed crudam materiam, sicut assumpta, est diduci in omne corpus. Et hæc quidem parum constant inter eos: vero illud convenit, alium cibum dandum laborantibus, si hoc est verum, si illud, alium. Nam si teritur intus, eum esse quærendum, qui possit teri facillime. Si putrescit, eum, in quo hoc est expeditissimum. Si calor concoquit, eum qui movet calorem maxime. At nihil ex his esse quærendum, si nihil concoquitur; vero, ea sumenda, quæ manent maxime, quali assumpta sunt. Eademque ratione, cum spiritus est gravis, cum somnus aut vigilia urget, arbitrantur eum posse mederi, qui prius perceperit qualiter illa ipsa eveniant. Præter hæc, cum varia genera et dolores et morborum nascantur interioribus partibus, putant neminem posse adhibere remedia his, qui ipsas ignoret. Ergo esse neces-

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importance to concoction (6), and insist upon it especially; others led by Erasistratus, contend that the food is triturated in the stomach; some after Plistonicus, the follower of Praxagoras, by putrescence; others again believe Hippocrates, that our ingesta is concocted by caloric. But the emulators of Asclepiades who succeeded them, maintained that all those theories were vain and superfluous; that there is no digestion effected, but the crude matter is distributed into all parts of the body, in the same state that it was received. And in these things they are not consistent; but this they admit, that a certain regimen ought to be followed by the sick, if this theory be true, another, if that. For if it be triturated within, as they say, that kind ought to be selected, which will be most easily reduced; if it becomes putrid, that which most expeditiously undergoes this decomposition; if heat effects digestion, that which promotes heat most; but none of these things are admissible, if there be no concoction, therefore such things are to be taken, as are most likely to remain in the same state.

And for the same reason, when there is a dyspnœa; or when the patient is oppressed with sleep or watching, they suppose that he, who first ascertains from what cause these things proceed, will be able to cure them. Besides these, since pains and various kinds of diseases may arise in the internal parts, they consider no one capable of applying the proper remedies to those parts, of which he may

Necessarium ergo esse, incidere corpora mortuorum, eorumque viscera atque intestina scrutari; longeque optime fecisse Herophilum et Erasistratum, qui nocentes homines, a regibus ex carcere acceptos, vivos inciderint, considerarintque, etiamnum spiritu remanente, ea, quæ natura ante clausisset, eorumque positum, colorem, figuram, magnitudinem, ordinem, duritiem, mollitiem, lævorem, contactum; processus deinde singulorum et recessus, et sive quid inseritur alteri, sive quid partem alterius in se recipit. Neque enim, cum dolor intus incidit, scire quid doleat, eum, qui qua parte quodque viscus intestinumve sit, non cognoverit: neque curari id quod ægrum est, posse ab eo, qui, quid sit, ignoret. Et cum per vulnus alicujus viscera patefacta sunt, eum, qui sanæ cujusque colorem partis ignoret, nescire quid integrum, quid corruptum sit; ita ne succurrere quidem posse corruptis. Aptiusque extrinsecus imponi remedia, compertis interiorum et sedibus et figuris, cognitaque eorum magnitudine: similesque omnia quæ, posita sunt, rationes habere. Neque esse crudele, sicut plerique proponunt, hominum nocentium, et horum quoque paucorum, suppliciis remedia

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sarium incidere corpora mortuorum, que scrutari viscera atque intestina eorum; que (proponunt) Herophilum et Erasistratum fecisse longè optime qui inciderint homines nocentes vivos, acceptos à regibus, ex carcere, que considerarint etiamnum spiritu remanente, ea, quæ natura clausisset ante, que positum eorum, colorem, figuram, magnitudinem, ordinem, duritiem, mollitiem, lævorem, contactum; deinde processus et recessus singulorum, et sive quid inseritur alteri, sive quid recipit partem alterius in se. Enim cum dolor incidit, neque eum scire quid doleat, qui non cognoverit, quâ parte quodque viscus ve intestinum sit. Neque id quod est ægrum, posse curari ab eo, qui ignoret quid sit. Et cum viscera alicujus sunt patefacta per vulnus, eum, qui ignoret colorem cujusque sanæ partis, nescire quid sit integrum, quid corruptum; ita nequidem posse succurrere corruptis: Que aptius remedia imponi extrinsecus, et sedibus et figuris interiorum compertis, et eorum magnitudine cognita: que omnia quæ sunt posita, habere similes rationes. Neque esse crudele, sicut plerique proponunt, quæri remedia, suppliciis hominum nocentium, et ho-

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be ignorant: hence the necessity of dissecting the bodies of the dead, and examining very minutely their viscera and intestines.

The plan adopted by Herophilus and Erasistratus was much approved of, who obtained by royal edict criminals out of prison for dissection, alive, and contemplated even while they breathed, those parts which nature had before concealed, with their relative position, colour, figure, magnitude, arrangement, hardness, softness, smoothness, and connexion (7); also the processes and recesses of each, whether any one part is inserted into another, or whether it receives part of another into itself. For when there happens to be some internal pain, he cannot know what suffers, if he be ignorant of the situation of each viscus and intestine; nor can the part which is diseased be cured by him who is ignorant of what part it is; and should the viscera of any person be laid open by a wound, he who is ignorant of the colour of each healthy structure, cannot know what is sound, what is morbid; therefore, can render no assistance in the disease: and they maintain that external remedies are more properly applied, when the situation, structure, and magnitude, of the interior parts are ascertained; and the same argument is applicable in all those cases already mentioned. Neither should it be

populis innocentibus sæculorum omnium quæri.

Contra ii, qui se ἐμπειρικοὺς ab experientia nominant, evidentes quidem causas, ut necessarias, amplectuntur: obscurarum vero causarum et naturalium actionum quæstionem ideo supervacuam esse contendunt, quoniam non comprehensibilis natura sit. Non posse vero comprehendi, patere ex eorum, qui de his disputarunt, discordia; cum de ista re, neque inter sapientiæ professores, neque inter ipsos medicos conveniat. Cur enim potius aliquis Hippocrati credat, quam Herophilo? cur huic potius, quam Asclepiadi? Si rationes sequi velit, omnium posse videri non improbabiles; si curationes, ab omnibus his ægros perductos esse ad sanitatem: ita neque disputationi, neque auctoritati cujusquam fidem derogari oportuisse. Etiam sapientiæ studiosos maximos medicos esse, si ratiocinatio hoc faceret: nunc illis verba superesse, deesse medendi scientiam. Differre quoque pro natura locorum, genera medicinæ; et aliud opus esse Romæ, aliud in Ægypto, aliud in Gallia. Quod si morbos eæ causæ facerent, quæ ubique eædem essent, remedia quoque ubique eadem esse de-

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rum quoque paucorum, populis innocentibus omnium sæculorum.

Contra ii, qui nominat se ἐμπειρικοὺς (i. e. empeirikous) ab experientia, amplectuntur evidentes causas quidem, ut necessarias: vero contendunt quæstionem obscurarum causarum et naturalium actionum esse supervacuam, ideo, quoniam, natura non sit comprehensibilis. Vero non posse comprehendi, patere ex discordia eorum qui disputarunt de his; cum neque conveniat de ista re inter professores sapientiæ, neque inter medicos ipsos. Enim cur aliquis credat Hippocrati potius quam Herophilo? cur huic, potius quam Asclepiadi? si velit sequi rationes, omnium posse videri non improbabiles; si curationes, ægros esse perductos ad sanitatem, ab omnibus his: ita neque disputatione, neque auctoritati oportuisse derogari fidem cujusquam. Etiam (aiunt), studiosos sapientiæ esse maximos medicos, si ratiocinatio faceret hoc: nunc verba superesse illis (vero), scientiam medendi deesse. Genera medicinæ quoque differre pro natura locorum; et aliud esse opus Romæ, aliud in Ægypto, aliud in Gallia. Quod si eæ causæ facerent morbos, quæ essent eædem ubique, remedia debuisse esse quoque eadem ubique. Eti-

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deemed so cruel, as many exclaim, to search for remedies for an innocent people of succeeding ages, at the expense of only a few capital culprits.

On the other hand, those who title themselves empirics, by profession, embrace, it is true, the necessity of evident causes; but they contend that the question of obscure causes and natural actions to be futile; and for this reason, because nature is inscrutable. And that those things are incomprehensible is evident by the dissensions of those who have treated of them, since neither the philosophers, nor the physicians can accord among themselves on those things: for why should any one believe Hippocrates, rather than Herophilus? and why prefer him to Asclepiades? That if a man will follow a theory, each of them seems plausible; if by cures, the sick have been restored to health by them all: therefore it does not become us, either by argument or authority, to impugn the veracity of any of them: even the philosophers would be the greatest physicians, if argument could make them so; but they abound in words—in the healing art they are deficient. Besides, they say, the treatment ought to vary according to the nature of climate; that one mode is necessary at Rome, another in Egypt, and another in Gaul; for, if the same causes could produce disease every where alike, the remedies ought to be the same also.

buisse. Sæpe etiam causas apparere, ut puta lippitudinis, vulneris; neque ex his patere medicinam. Quod si scientiam hanc non subjiciat evidens causa, multo minus eam posse subjicere, quæ in dubio est. Cum igitur illa incerta, incomprehensibilis sit, a certis potius et exploratis petendum esse præsidium; id est, iis, quæ experientia in ipsis curationibus docuerit; sicut in ceteris omnibus artibus. Nam ne agricolam quidem aut gubernatorem disputatione, sed usu fieri. Ac nihil istas cogitationes ad medicinam pertinere, eo quoque disci, quod qui diversa de his senserint, ad eamdem tamen sanitatem homines perduxerint. Id enim fecisse, quia non ab obscuris causis, neque a naturalibus actionibus, quæ apud eos diversæ erant, sed ab experimentis, prout cuique responderant, medendi vias traxerint. Ne inter initia quidem ab istis quæstionibus deductam esse medicinam, sed ab experimentis. Ægrorum enim qui sine medicis erant, alios propter aviditatem primis diebus protinus cibum assumpsisse, alios propter fastidium abstinuisse; levatumque magis eorum morbum esse, qui abstinuerant. Itemque alios in ipsa febre aliquid edisse, alios paulo ante eam,

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am causas sæpe apparere, ut puta lippitudinis, vulneris; neque ex his medicinam patere. Quod si evidens causa non subjiciat hanc scientiam, multo minus eam posse subjicere, quæ est in dubio. Igitur cum illa sit incerta(que) incomprehensibilis, potius præsidium esse petendum a certis et exploratis; id est iis, quæ experientia docuerit in curationibus ipsis; sicut in omnibus cæteris artibus. Nam quidem agricolam, aut gubernatorem non fieri disputatione, sed usu. Ac istas cogitationes pertinere nihil ad medicinam, quoque disci eo, quod qui senserint diversa de his, tamen perduxerint homines ad eamdem sanitatem. Enim fecisse id, quia non traxerint vias medendi ab obscuris causis, neque a naturalibus actionibus, quæ erant diversæ apud eos, sed ab experimentis, prout responderant cuique. (Proponunt) nequidem inter initia medicinam esse deductam ab istis quæstionibus, sed ab experimentis. Enim ægrorum qui erant sine medicis, alios assumpsisse cibum protinus primis diebus propter aviditatem, alios abstinuisse propter fastidium; que, qui abstinuerant, levatum esse magis eorum morbum. Itemque alios edisse aliquid in febre ipsa, alios paulo ante eam, alios post

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That frequently the causes are apparent, for instance lippitudo, or a wound, yet the mode of treatment is not evident: therefore if the evident cause does not indicate this knowledge, how much less, that which is in doubt! Therefore, since the latter is uncertain and inexplicable, rather trust to those things that are certain and approved; that is, those remedies which experience has taught us themselves, as in all other arts: for neither the agriculturist, nor the pilot, is made by disputation, but by practice: and that these argumentations have no relation to medicine, is evident from this, that those who have thought differently on those things, yet they recovered their patients with equal success—and they accomplished this, not because they drew their methods of cure from latent causes, or from natural actions, about which they differed, but from experience, according as they had succeeded to each. They maintain, that medicine even in its origin was not deduced from these researches, but from experiments: for of the sick who were without physicians, some having taken food with avidity in the beginning, others having refrained from it on account of nausea; consequently those who had abstained were more relieved of their disease.

Again, some having taken food in the fever itself, others a little before, and

alios post remissionem ejus; optime deinde iis cessisse, qui post finem febris id fecerant. Eademque ratione alios inter principia protinus usos esse cibo pleniore, alios exiguo; gravioresque eos factos, qui se implerant. Hæc similiaque cum quotidie inciderent, diligentes homines notasse, quæ plerumque melius responderent: deinde ægrotantibus ea præcipere cœpisse. Sic medicinam ortam, subinde aliorum salute, aliorum interitu, perniciosa discernentem a salutaribus. Repertis deinde jam remediis, homines de rationibus eorum disserere cœpisse: nec post rationem, medicinam esse inventam, sed post inventam medicinam, rationem esse quæsitam. Requirere etiam, ratio idem doceat quod experientia, an aliud: si idem, supervacuam esse; si aliud, etiam contrariam. Primo tamen remedia exploranda summa cura fuisse, nunc vero jam explorata esse; neque aut nova genera morborum reperiri, aut novam desiderari medicinam. Quod si jam incidat mali genus aliquod ignotum, non ideo tamen fore medico de rebus cogitandum obscuris: sed eum protinus visurum, cui morbo id proximum sit; tentaturumque remedia similia illis, quæ vicino malo sæpe succurrerint; et per ejus similitudinem

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remissionem ejus; deinde cessisse optime iis, qui fecerant id post finem febris. Eademque ratione, alios inter principia protinus esse usos pleniore cibo, alios exiguo; que eos qui implerant se factos graviores. Hæc que similia, cum inciderent quotidie, diligentes homines notasse quæ plerumque responderent melius: deinde cœpisse præcipere ea ægrotantibus. Sic medicinam ortam, subinde salute aliorum, interitu aliorum, discernentem perniciosa a salutaribus. Deinde remediis jam repertis, homines cœpisse disserere de rationibus eorum: nec medicinam esse inventam, post rationem, sed rationem esse quæsitam post medicinam inventam. Etiam requirere, doceat ratio idem, quod experientia, an aliud? si idem, esse supervacuam; si aliud etiam contrarium. Tamen primo remedia fuisse exploranda summa cura, vero nunc jam esse explorata; neque aut nova genera morborum reperiri, aut novam medicinam desiderari. Quod si aliquod ignotum genus mali jam incidat, tamen medico non fore ideo cogitandum de rebus obscuris; sed eum protinus esse visurum, cui morbo sit proximum; que tentaturum similia remedia illis, quæ sæpe succurrerunt vicino malo, et per ejus similitudinem reperturum opem.

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others a little after its remission; and that it subsided best with those who had done it after the termination of the fever: in the same manner, some having used a fuller diet in the commencement of a disease, others a more abstemious one; and that those who had satiated themselves became worse. These and similar incidences daily happening, diligent men carefully noted such things as for the most part answered best; and afterwards they began to prescribe them for the sick. Thus medicine arose, and by the frequent recovery of some, the sacrifice of others, discerning the noxious from the salutary; then the remedies being discovered, men began to discuss of their modus operandi: that medicine was not invented after theory, but theory was sought for after the discovery of medicine. It is asked, whether theory prescribes the same as experience, or otherwise; if the same, it is superfluous, if different, pernicious. Yet at first it was necessary to investigate remedies with the greatest care, but now they are discovered; we neither meet with any new species of disease, nor do we require a new remedy. Should some unknown disease appear, the physician would not even in that case be compelled to think of the latent causes; but he would at once see, to what disease it bore the nearest resemblance, and prescribe remedies, similar to those which have often relieved analogous cases, and by their similitude would often find a cure. For they

opem reperturum. Neque enim se dicere, consilio medicum non egere, et irrationale animal hanc artem posse præstare; sed has latentium rerum conjecturas ad rem non pertinere; quia non intersit, quid morbum faciat, sed quid tollat; neque ad rem pertineat, quomodo, sed quid optime digeratur; sive hac de causa concoctio incidat, sive de illa; et sive concoctio sit illa, sive tantum digestio. Neque quærendum esse quomodo spiremus, sed quid gravem tardumque spiritum expediat: neque quid venas moveat, sed quid quæque motus genera significent. Hæc autem cognosci experimentis. Et in omnibus ejusmodi cogitationibus in utramque partem disseri posse: itaque ingenium et facundiam vincere; morbos autem, non eloquentia, sed remediis curari. Quæ si quis elinguis usu discreta bene norit, hunc aliquanto majorem medicum futurum, quam si sine usu linguam suam excoluerit. Atque ea quidem, de quibus est dictum, supervacua esse tantummodo; id vero, quod restat, etiam crudele: vivorum hominum alvum atque præcordia incidi, et salutis humanæ præsidem artem, non solum pestem alicui, sed hanc etiam atrocissimam inferre; cum præsertim

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Enim neque se dicere, medicum non egere consilio, et irrationale animal posse præstare hanc artem; sed has conjecturas latentium rerum non pertinere ad rem; quia, non intersit, quid faciat morbum, sed quid tollat; neque pertineat ad rem, quomodo, sed quid, digeratur optime; sive concoctio incidat de hac causa, sive de illa; et sive illa sit concoctio, sive tantum digestio. Neque esse quærendum quomodo spiremus, sed quid expediat gravem que tardem spiritum: neque quid moveat venas, sed quid quæque genera motus significent. Autem hæc cognosci experimentis. Et in omnibus cogitationibus ejusmodi posse disseri in utramque partem: itaque ingenium et facundiam vincere; autem morbos non curari eloquentia, sed remediis. Quæ siquis elinguis norit bene discreta, hunc futurum aliquanto majorem medicum, quam si excoluerit suam linguam sine usu. Atque quidem ea, de quibus est dictum, esse tantummodo supervacua; vero id quod restat etiam crudele: incidi alvum atque præcordia vivorum hominum, et inferre hanc præsidem artem humanæ salutis, non solum pestem alicui, sed etiam atrocissimam; cum præsertim ex iis, quæ quæ-

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do not say, that a physician is not to use his judgment, and that an irrational animal can practise this art; but they maintain, that those theories of latent causes have no relation to this; because it does not interest us what causes, but what removes a disease; neither does it depend upon the manner how, but what, is digested best: whether concoction may arise from this, or that cause; or whether it may be concoction simply, or only distribution: nor is it to be asked how we breathe, but what relieves a difficult and heavy (8) breathing; nor what may produce action in the arteries, but what each kind of action may indicate.

But these things are known by experiments, and that in all disputations of this nature, much may be said on both sides, therefore ingenuity and eloquence prevail; but diseases are not to be cured by eloquence, but by remedies; consequently, suppose any person defective in this talent, be well acquainted with remedies discovered by practice, will he not be a much greater physician than the man who has cultivated his language without experience? But indeed those things of which we have spoken are only superfluous, but that which remains is even cruel; to lay open the abdomen and præcordia of living men, and that science which presides over the health of mankind, is not only made the instrument of death, but that of the most atrocious; especially when some of those things, which are sought after

ex iis, quæ tanta violentia quærantur, alia non possint omnino cognosci, alia possint etiam sine scelere. Nam colorem, lævorem, mollitiem, duritiem, similiaque omnia, non esse talia, inciso corpore, qualia integro fuerint: quia cum, corporibus inviolatis, hæc tamen metu, dolore, inedia, cruditate, lassitudine, mille aliis mediocribus affectibus sæpe mutentur; multo magis verisimile est, interiora, quibus major mollities, lux ipsa nova sit, sub gravissimis vulneribus et ipsa trucidatione mutari. Neque quidquam esse stultius, quam quale quidque vivo homine est, tale existimare esse moriente, immo jam mortuo. Nam uterum quidem, qui minus ad rem pertineat, spirante homine posse diduci: simulatque vero ferrum ad præcordia accessit, et discissum transversum septum est, quod membrana quadam superiores partes ab inferioribus diducit (διάφραγμα Græci vocant) hominem protinus animam amittere: ita mortui demum præcordia et viscus omne in conspectum latrocinantis medici dari necesse est tale, quale mortui sit, non quale vivi fuit. Itaque consequi medicum ut hominem crudeliter jugulet; non ut sciat, qualia vivi viscera habeamus. Si quid tamen sit, quod adhuc

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rantur tanta violentia, alia non possint cognosci omnino, alia possint etiam sine scelere. Nam colorem, lævorem, mollitiem, duritiem, que omnia similia, non esse talia corpore inciso, qualia fuerint integro; quia hæc, cum inviolatis corporibus, tamen sæpe mutentur metu, dolore, inedia, cruditate, lassitudine, mille aliis mediocribus affectibus; est multo magis verisimile, interiora, quibus major mollities, lux ipsa sit nova, mutari sub gravissimis vulneribus et trucidatione ipsa. Neque quidquam esse stultius, quam existimare quidque esse tale moriente, immo jam mortuo, quale est vivo homine. Nam quidem uterum, qui minus pertineat ad rem, posse diduci spirante homine: vero atque simul ferrum accessit ad præcordia, et transversum septum est discissum, quod quadam membrana diducit superiores partes ab inferioribus (Græci vocant διάφραγμα) hominem protinus amittere animum: ita præcordia et omne viscus mortui demum dari in conspectum latrocinantis medici est necesse tale, quale sit mortui, non quale fuit vivi. Itaque medicum consequi hominem ut jugulet crudeliter; non ut sciat, viscera qualia habeamus vivi. Tamen si quid sit, quod adhuc

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with so much cruelty, cannot be known at all, whilst others may be examined even without any violence; for the colour, smoothness, softness, hardness, and such like, are not the same in a wounded body, as they were in a sound; because, even in bodies that have received no violence, yet these qualities are often changed by fear, grief, hunger, indigestion, lassitude, and a thousand other trifling affections; and it is much more probable, that the internal parts being very tender and never exposed, even the light itself might effect a change by severe wounding and laceration. Nor can any thing be more absurd, than to suppose the part to be the same in a dying man, nay, already dead, as it is in a living person: the abdomen (9) may be laid open, it is true, even while the man is breathing (which does not strictly bear on the case); but as soon as the knife has approached the præcordia (10), and the transverse septum is divided, which separates the superior from the inferior, (which the Greeks call diaphragm,) the man immediately expires; consequently, the præcordia, and all the viscera, present the same appearances to the slaughtering physician as those of a dead person, not such as they were while he lived; therefore the only object attained by the physician is that of murdering a man cruelly, not that he can ever ascertain their nature and functions as we have them in life: yet if there may be any interesting phenomena to be subjected to the

spirante homine conspectui subjiciatur, id sæpe casum offerre curantibus. Interdum enim gladiatorem in arena, vel militem in acie, vel viatorem a latronibus exceptum sic vulnerari, ut ejus interior aliqua pars aperiatur, et in alio alia: ita sedem, positum, ordinem, figuram, similiaque alia cognoscere prudentem medicum, non cædem, sed sanitatem molientem; idque per misericordiam discere, quod alii dira crudelitate cognoverint. Ob hæc, ne mortuorum quidem lacerationem necessariam esse; quæ etsi non crudelis, tamen fœda sit; cum aliter pleraque in mortuis se habeant: quantum vero in vivis cognosci potest, ipsa curatio ostendat.

Cum hæc per multa volumina, perque magnæ contentionis disputationes a medicis sæpe tractata sint atque tractentur: subjiciendum est, quæ proxima vero videri possint. Ea neque addicta alterutri opinioni sunt, neque ab utraque nimium abhorrentia; media quodammodo inter diversas sententias: quod in plurimis contentionibus deprehendere licet, sine ambitione verum scrutantibus, ut in hac ipsa re. Nam quæ demum causæ, vel secundam valetudinem præstent, vel morbos excitent; quomodo spiritus, aut cibus, vel traha-

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subjiciatur conspectui spirante homine, id casum sæpe offerre curantibus. Enim interdum gladiatorem in arena; militem in acie, vel viatorem exceptum a latronibus sic vulnerari, ut aliqua interior pars ejus aperiatur, et alia in alio, ita prudentem medicum cognoscere sedem, positum, ordinem, figuram, que similia, non cædem, sed molientem sanitatem, que discere id per misericordiam, quod alii cognoverint dira crudelitate. Ob hoc ne quidem lacerationem mortuorum esse necessarium; et quæ si non crudelis, tamen sit fœda, cum pleraque habebant se aliter in mortuis. Vero curatio ipsa ostendat, quantum potest cognosci in vivis.

Cum hæc sæpe tractata sint, atque tractentur, per multa volumina à medicis, que per disputationes magnæ contentionis, est subjiciendum quæ possint videri proxima vero. Ea neque sunt addicta alterutri opinioni, neque abhorrentia nimium ab utraque inter diversas sententias quodammodo media; quod scrutantibus verum sine ambitione in plurimis contentionibus licet deprehendere, ut in hac ipsa re. Nam quidem, ne professores sapientiæ comprehendunt scientia quæ causæ demum, vel præstent secundam valetudinem, vel excitent morbos, quomodo vel spiritus traha-

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view, in the man as yet breathing, practitioners have frequent opportunities of meeting them by accidents; for sometimes the gladiator in the arena, a soldier in the field, or a traveller intercepted by banditti, is wounded in such a manner as to display some of the interior parts, and so, other parts in other persons: thus the prudent physician discovers their structure, relative position, arrangement, figure, and the like, not by perpetrating murder, but endeavouring to restore health; and learns that, by compassion, which others have discovered by unrelenting cruelty. And for these reasons (I consider it) unnecessary to lacerate even the dead, which, although not cruel, yet it may be disgusting; since most things are found very different in dead bodies; even the dressing of wounds themselves may show all that can be discovered in the living.

Since these topics have often been, and still continue to be treated by physicians with great warmth in voluminous works, I must here submit some reflections, which may appear to come nearer to the truth. These are neither blindly adherent to the dogmas of either party, nor diverging too much from each, but in some measure the medium betwixt these two extremes; which is allowable to those searching after truth, impartially, to seize in all controversies, as in this case itself. That science by which the cause of healthy and morbid actions are excited in the body; the

tur, vel digeratur, ne sapientiæ quidem professores scientia comprehendunt, sed conjectura persequuntur. Cujus autem rei non est certa notitia, ejus opinio certum reperire remedium non potest. Verumque est, ad ipsam curandi rationem nihil plus conferre, quam experientiam. Quamquam igitur multa sint, ad ipsas artes proprie non pertinentia, tamen eas adjuvant, excitando artificis ingenium. Itaque ista quoque naturæ rerum contemplatio, quamvis non faciat medicum, aptiorem tamen medicinæ reddit. Verique simile est, et Hippocratem et Erasistratum et quicumque alii, non contenti febres et ulcera agitare, rerum quoque naturam ex aliqua parte scrutati sunt, non ideo quidem medicos fuisse, verum ideo quoque majores medicos extitisse. Ratione vero opus est ipsi medicinæ, etsi non inter obscuras causas, neque inter naturales actiones, tamen sæpe. Est enim hæc ars conjecturalis, neque respondet ei plerumque non solum conjectura, sed etiam experientia. Et interdum non febris, non cibus, non somnus subsequitur, sicut assuevit. Rarius, sed aliquando morbus quoque ipse novus est: quem non incidere, manifeste falsum est; cum ætate nostra quædam, ex

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tur, vel cibus digeratur, sed persequuntur conjectura. Autem cujus re notitia non est certa, opinio, ejus non potest reperire certum remedium. Que est verum nihil conferre plus ad rationem ipsam curandi, quam experientiam. Quanquam igitur multa sint, non pertinentia ad ipsas artes, tamen adjuvant eas excitando ingenium artificis. Itaque, quoque, ista contemplatio naturæ rerum quamvis non faciat medicum, tamen reddit aptiorem medicinæ. Que est simile veri, et Hippocratem et Erasistratum et quicumque alii non contenti agitare febres et ulcera, scrutati sunt quoque, ex aliqua parte naturam rerum, non ideo quidem, medicos fuisse, verum ideo quoque extitisse majores medicos. Vero tamen sæpe opus est ratione medicinæ ipsi, etsi non inter obscuras causas, neque inter naturales actiones. Enim hæc ars est conjecturalis neque plerumque, conjectura solum, sed etiam experientia, non respondet ei. Et interdum, non febris, non cibus, non somnus, subsequitur sicut assuevit. Rarius, sed aliquando morbus ipse quoque novus est; quem non incidere est manifeste falsum; cum quædam ætate nos-

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physiology of respiration and digestion is inexplicable to the philosophers themselves, they only follow hypotheses. Now when there is no certain knowledge of a thing, a mere opinion of it cannot discover a certain remedy; and it must be confessed, that nothing conduces more to the rational method itself of healing, than experience. Therefore, although there are many auxiliary sciences embraced, not arbitrarily in the art itself, yet they may advance that art, by unfolding the genius of the artist; hence, although natural philosophy does not constitute a physician, yet it may render him more fit for the practice of medicine. And it is very probable, that both Hippocrates, Erasistratus, and some others, not being content to exercise themselves on fevers and ulcers alone, examined into physics also, in some measure, not that they could have been physicians on that account, yet by the collateral aid of that science they excelled as physicians. Now medicine itself frequently requires the assistance of theory, although not always applicable to latent causes, nor to natural actions; for it is a conjectural art; and not only conjecture in many cases, but even experience itself, is anomalous and inconsistent.

Sometimes neither fever, food, nor sleep, is followed by its usual precedents: sometimes (though more rarely) the disease itself is new; which, to suppose does not happen, is manifestly false; for in our own time a certain lady expired in a few

naturalibus partibus carne prolapsa et arente, intra paucas horas exspiraverit; sic ut nobilissimi medici neque genus mali, neque remedium invenerint. Quos ego nihil tentasse judico, quia nemo in splendida persona periclitari conjectura sua voluerit; ne occidisse, nisi servasset, videretur: veri tamen simile est, potuisse aliquid cogitare, detracta tali verecundia, et fortasse responsurum fuisse id, quod aliquis esset expertus. Ad quod medicinæ genus, neque semper similitudo aliquid confert; et si quando confert, tamen id ipsum rationale est, inter multa similia genera et morborum, et remediorum, cogitare, quo potissimum medicamento sit utendum. Cum igitur talis res incidit, medicus aliquid oportet inveniat, quod non ubique fortasse, sed sæpius tamen etiam respondeat. Petet autem novum quoque consilium, non ab rebus latentibus (istæ enim dubiæ et incertæ sunt) sed ab iis, quæ explorari possunt; id est evidentibus causis. Interest enim, fatigatio morbum, an sitis, an frigus, an color, an vigilia, an fames fecerit, an cibi vinique abundantia, an intemperantia libidinis. Neque ignorare hunc oportet, quæ sit ægri natura: humidum magis, an magis siccum corpus ejus sit;

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tra, exspiraverit inter paucas horas, carne prolapsa ex naturalibus partibus et arente; sic ut nobilissimi medici neque invenerint genus mali, neque remedium. Quos ego judico nihil tentasse; quia nemo voluerit, periclitari sua conjectura in splendida persona, ne videretur occidisse nisi servasset. Tamen est veri simile detracta tali verecundia, aliquid potuisse cogitare, et fortasse, id responsurum fuisse, quod aliquis esset expertus. Ad quod genus medicinæ, similitudo neque confert semper aliquid; et quando confert, tamen id est rationale ipsum, inter multa similia genera, et morborum et remediorum, cogitare, quo medicamento potissimum sit utendum. Cum igitur talis res incidit, oportet medicus inveniat aliquid, quod non respondeat ubique fortasse, sed etiam tamen sepius. Petet autem quoque consilium novum, non ab rebus latentibus (istæ enim sunt dubiæ et incertæ) sed ab iis quæ possunt explorari, id est evidentibus causis. Interest enim, an fatigatio, an sitis, an frigus, an calor, an vigilia, an fames, an abundantia cibi viniqne, an intemperantia libidinis fecerit morbum. Neque oportet hunc ignorare, quæ sit natura ægri, an corpus ejus sit magis humidum an magis siccum, validi nervi, an

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hours of gangrene from prolapsus uteri (11); so that the most celebrated physicians could neither discover the nature of the malady, nor a remedy. And for this reason, I suppose, that no one was inclined to endanger his reputation by experimenting on such a noble personage, lest it might appear that he destroyed her, unless he had saved her; yet it is probable, that some one laying aside such timidity and false delicacy, might have tried something, and perhaps it would have succeeded. Neither does analogy always confer much aid in this kind of practice, and when it does, this of itself is theoretic, for among a multiform genera both of similar diseases and similar remedies, it is to be considered what treatment we can principally rely upon. Therefore, when such a case happens, it is the duty of the physician to find out something which, although perhaps it does not always succeed, yet frequently it may: and he may derive new information, not from latent causes, for they are ambiguous and uncertain, but from those resources which are capable of further research, that is, from the evident causes. For it is of considerable import to know, whether the disease was produced by fatigue, or thirst, or cold, or heat, or watching, or hunger; or whether it arose from immoderate eating and drinking, or intemperate lust. Neither ought he to be unacquainted with the constitution of the patient, whether his body be too moist or too dry; whether his nerves (12) be

validi nervi, an infirmi; frequens adversa valetudo, an rara; eaque, cum est, vehemens esse soleat, an levis; brevis, an longa: quod is vitæ genus sit secutus, laboriosum, an quietum; cum luxu, an cum frugalitate. Ex his enim, similibusque, sæpe curandi nova ratio ducenda est.

Quamvis ne hæc quidem sic præteriri debent, quasi nullam controversiam recipiant. Nam et Erasistratus non ex his fieri morbos dixit; quoniam et alii, et iidem alias post ista non febricitarent: et quidam medici sæculi nostri, sub auctore, ut ipsi videri volunt, Themisone, contendunt, nullius causæ notitiam quidquam ad curationes pertinere; satisque esse, quædam communia morborum intueri. Siquidem horum tria genera esse, unum adstrictum, alterum fluens, tertium mistum. Nam modo parum excernere ægros, modo nimium; modo alia parte parum, alia nimium. Hæc autem genera morborum, modo acuta esse, modo longa; et modo increscere, modo consistere, modo minui. Cognito igitur eo, quod ex his est, si corpus adstrictum est, digerendum esse; si profluvio laborat, continendum; si mistum vitium habet, oc-

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infirmi; frequens adversa valetudo an rara; eaque, cum est, an soleat esse vehemens, (an) levis, brevis, an longa: quod genus vitæ is secutus sit, laboriosum, an quietum; cum luxu, an cum frugalitate. Enim ex his similibusque, sæpe nova ratio curandi ducenda est.

Quamvis hæc quidem, ne debent sic præteriri, quasi recipiant nullam controversiam. Nam et Erasistratus dixit, non morbos fieri ex his; quoniam et alii et iidem alias non febricitarent post ista: et quidam medici sæculi nostri, contendunt, ut ipsi volunt videri, sub auctore Themisone, notitiam nullius causæ, quidquam pertinere ad curationes; satisque esse intueri quædam communia morborum. Siquidem esse tria genera horum, unum adstrictum, alterum fluens, tertium mistum. Nam modo, ægros parum excernere, modo nimium, modo alia parte parum alia nimium. Hæc autem genera morborum, modo esse acuta, modo longa, et modo increscere, modo consistere, modo minui. Cognito igitur eo, quod est ex his, si corpus adstrictum est, digerendum esse; si laborat profluvio, (est) continendum; si habet mistum vitium,

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strong or weak; whether he be frequently or rarely ill; and whether his complaints are accustomed to be violent or light, short or long; what kind of life he has followed, whether laborious or tranquil, in luxury or frugality: from these and similar circumstances, a new mode of treatment is often to be deduced.

However, even these points ought not to be passed over, as if they admitted of no controversy; for Erasistratus maintained that diseases did not arise from these things; because others, nay the same persons at another time, would not have fever from them: and some physicians of our own age, under Themison's authority, (as they wish it to appear,) contend that a knowledge of the cause can have no influence over the treatment; and that it is sufficient to observe some of the most common affinities of diseases; and that there are three kinds of these, one constipated, the other relaxed, and the third a mixture of these two. For sometimes the secretions are too small, sometimes too much; and sometimes too little in one part, in another too much: that these diseases are sometimes acute, sometimes chronic, sometimes progressive, sometimes they reach their acme, and sometimes diminish. Therefore, when the complaint is known to arise from any of these, if the body be constipated, it ought to be relaxed, if it suffer from a flux, it ought to be restrained; if it take on a complicated character, then we must re-

currendum subinde vehementiori malo. Et aliter acutis morbis medendum, aliter vetustis; aliter increscentibus, aliter subsistentibus, aliter jam ad sanitatem inclinatis. Horum observationem medicinam esse; quam ita finiunt, ut quasi viam quamdam, quam μέθοδον Græci nominant, eorumque, quæ in morbis communia sunt, contemplatricem esse contendant. Ac neque rationalibus se, neque experimenta tantum spectantibus annumerari volunt: cum ab illis eo nomine dissentiant, quod in conjectura rerum latentium nolunt esse medicinam; ab his eo, quod parum artis esse in observatione experimentorum credunt. Quod ad Erasistratum pertinet, primum ipsa evidentia ejus opinioni repugnat; quia raro, nisi post horum aliquid, morbus venit. Deinde non sequitur, ut quod alium non afficit, aut eumdem alias, id ne alteri quidem, aut eidem tempore alio noceat. Possunt enim quædam subesse corpori, vel ex infirmitate ejus, vel ex aliquo affectu, quæ vel in alio non sunt, vel in hoc alias non fuerunt; eaque per se non tanta, ut concitent morbum, tamen obnoxium magis aliis injuriis corpus efficiant.

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subinde vehementiore malo, occurrendum. Et aliter medendum acutis morbis, aliter vetustis; aliter increscentibus, aliter subsistentibus, aliter jam ad sanitatem inclinatis. Observationem horum esse medicinam; quam ita finiunt, ut contendunt esse quasi viam quamdam; quam Græci nominant μέθοδον que contemplatricem eorum quæ sunt in morbis communia. Ac neque volunt se annumerari rationalibus, neque experimenta tantum spectantibus, cum ab illis dissentiant eo nomine quod nolunt medicinam esse in conjectura rerum latentium; ab his eo, credunt quod parum artis esse in observatione experimentorum. Quod pertinet ad Erasistratum primum ipsa evidentia repugnat ejus opinione; quia raro, morbus venit, nisi post aliquid horum. Deinde non sequitur, ut quod non afficit alium, aut eumdem alias, id ne noceat alteri quidem, aut eidem alio tempore. Enim quædam possunt subesse corpori, vel ex infirmitate ejus, vel ex aliquo affectu, que non sunt vel in alio, vel non fuerunt in hoc alias; eaque per se non tanta, ut concitent morbum, tamen efficiant corpus magis obnoxium aliis injuriis. Quod si satis compre-

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lieve the more violent. And that we ought to treat an acute disease differently from a chronic one, an increasing one differently from one that is stationary, and another when convalescent. The observation of these things constitutes the *Theory* and *Practice* of *Medicine*, which they define so, and maintain it to be the observation of those things which are common in disease, as if it were a certain way of proceeding which the Greeks call method: but they will not admit themselves to be numbered either with theorists, or pure empirics; since they dissent from those, in this respect, that they will not admit of medicine to consist in hypotheses of latent causes; from these they differ in this, because they maintain that the observation of experiments to be a very small part of the art. As far as it relates to the dogmas of Erasistratus, in the first place, his opinion is repugnant to evidence itself, because a disease rarely comes on unless preceded by some of these occurrences; in the next place, it does not follow that what does not affect one person, may not injure another; nor what does not affect the same person at one time may not hurt him at another: for there may be some latent lurking poisons in the body either from weakness or disease, which either are not in another, nor were they in the same body at a different time; and these, perhaps, not so great of themselves as to excite the latent disease into action, yet they may predispose the body to be more susceptible of other injuries: but if he had been sufficiently skilled in the

Quod si contemplationem rerum naturæ, quam temere medici sibi vindicant, satis comprehendisset, etiam illud scisset, nihil omnino ob unam causam fieri, sed id pro causa apprehendi, quod contulisse plurimum videtur. Potest autem id, dum solum est, non movere, quod junctum aliis maxime movet. Accedit ad hæc, quod ne ipse quidem Erasistratus, qui transfuso in arterias sanguine febrem fieri dicit, idque nimis repleto corpore incidere, reperit, cur ex duobus æque repletis, alter in morbum incideret, alter omni periculo vacaret; quod quotidie fieri apparet. Ex quo disci potest, ut vera sit illa transfusio, tamen illam, non per se, cum plenum corpus est, fieri, sed cum horum aliquid accesserit. Themisonis vero æmuli, si perpetua, quæ promittunt, habent, magis etiam, quam ulli rationales sunt. Neque enim, si quis non omnia tenet, quæ rationalis alius probat, protinus alio novo nomine artis indiget; si modo, quod primum est, non memoriæ soli, sed rationi quoque insistit. Sin, quod vero propius est, vix ulla perpetua præcepta medicinalis ars recipit, idem sunt, quod ii, quos experimenta sola sustinent: eo magis, quoniam, compres-

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hendisset contemplationem rerum naturæ, quam medici temere vindicant sibi, etiam illud scisset nihil omnino ob unam causam fieri, sed id apprehendi pro causa, quod videtur plurimum contulisse. Autem id non potest, movere, dum est solum, quod junctum aliis movet maxime. Accidit ad hæc, quod ne quidem Erasistratus ipse, reperit, qui dicit febrem fieri, sanguine transfuso in arteria, que id incidere corpore nimis repleto, cur ex duobus, æque repletis, alter incideret in morbum, alter vacaret omni periculo; quod apparet fieri quotidie. Ex quo potest disci, ut illa transfusio sit vera, tamen illam non fieri per se, cum corpus est plenum, sed cum aliquid horum accesserit.

Vero æmuli Themisonis, si habent perpetua, quæ promittunt, etiam sunt magis rationales quam ulli. Enim neque, si quis non tenet omnia, quæ alius rationalis probat, protinus indiget alio novo nomine artis; si modo, quod est primum, non insistit memoriæ soli, sed quoque rationi. Sin, quod est propius vero, medicinalis ars recipet vix ulla perpetua præcepta, sunt idem, quod ii, quos experimenta sola sustinent: eo magis, quoniam, quili-

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contemplation of the laws of nature, which physicians rashly claim to themselves, he must have known this also, that nothing can arise entirely from one cause, but that must be taken for the cause which seems to have contributed most to the effect. Now it may happen, that that which can produce no effect alone, being united with other things excite very much. In addition to these things, for which Erasistratus himself could assign no cause, he says that a fever arises from a transfusion of the blood into the arteries, and that this happens to plethoric persons: why then of two persons equally plethoric shall the one become diseased, whilst the other shall escape from all danger? which appears to happen daily. By this it may be learned, that although this transfusion may take place, yet that does not happen of itself, when there is plethora, but when it is accompanied by some of those conditions above-mentioned.

But if the disciples of Themison have asserted their principles to be perpetual, they are even greater rationalists than others; for although one man does not embrace every tenet which another approves, the art itself requires no new name; but upon this condition, that he does not insist upon memory alone, without theory, which is the principal thing. But if, which is nearer to the truth, the medical art scarcely admits of any perpetual axioms, they are the same with those sustained by practice

serit aliquem morbus, an fuderit, quilibet etiam imperitissimus videt: quid autem compressum corpus resolvat, quid solutum teneat, si a ratione tractum est, rationalis est medicus; si, ut ei qui se rationalem negat, confiteri necesse est, ab experientia, empiricus. Ita apud eum morbi cognitio extra artem, medicina intra usum est. Neque adjectum quidquam empiricorum professioni, sed demptum est; quoniam illi multa circumspiciunt, hi tantum facillima, et non plus, quam vulgaria. Nam et ii, qui pecoribus ac jumentis medentur, cum propria cujusque ex mutis animalibus nosse non possint, communibus tantummodo insistunt: et exteræ gentes, cum subtilem medicinæ rationem non noverint, communia tantum vident: et qui ampla valetudinaria nutriunt, quia singulis summa cura consulere non sustinent, ad communia ista confugiunt. Neque, Hercules, istud antiqui medici nescierunt, sed his contenti non fuerunt. Ergo etiam vetustissimus auctor Hippocrates dixit, mederi oportere, et communia, et propria intuentem. Ac ne isti quidem ipsi intra suam professionem consistere ullo modo

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bet etiam imperitissimus videt, an morbus compresserit aliquem, (an) fuderit: autem si est tractum a ratione, quid resolvat compressum corpos, quid teneat solutum, est rationalis medicus; si ab experientia, ut est necesse ei confiteri qui negat se rationalem, (est) empiricus. Ita apud eum cognitio morbi est extra artem, medicina intra usum. Neque est quidquam adjectum professioni empiricorum, sed (est) demptum; quoniam illi circumspiciant multa, hi tantum facillima, et non plus, quam vulgaria. Nam et ii qui medentur pecoribus et jumentis, cum non possint nosse ex mutis animalibus propria cujusque, insistunt communibus tantummodo: et exteræ gentes cum non noverint subtilem rationem medicinæ, vident communia tantum: et qui nutriunt ampla valetudinaria, confugiunt ad ista communia, quia non sustinet consulere singulis summa cura. Neque Hercules antiqui medici nescierunt istud, sed non fuerunt contenti his. Ergo etiam vetustissimus auctor Hippocrates dixit, oportere mederi, intuentem et communia, et propria. Ac ne quidem isti ipsi possunt consistere ullo modo intra suam professionem;

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alone; and for this reason, because any person, even the most unskilful, can discover whether a disease has constipated or relaxed a man: but if the principles be deduced from reason, which relax a constipated body, or bind a loose one, he is a theoretical physician; if from experience, as he must of a necessity confess, who denies himself to be a dogmatist (13), then he is an empiric: therefore, according to the latter, the knowledge of a malady is beyond his art, the remedy is within the limits of experience. Neither is any thing added by the latter to the profession of the empirics: on the contrary, something is taken from them; since those examine many things with keen circumspection, these regard only the easiest, and no more than the common. For even those who practise on cattle and beasts of burden, since they cannot obtain of the dumb animals the peculiarities of each, rely solely on what is common to them all: and foreign nations, as they are unacquainted with any subtile theory of medicine, only regard the common diagnoses: and those who attend on large hospitals, betake themselves to those common symptoms, because they are not able to consult the peculiarities of each with much care. Nor, indeed, were the ancient physicians ignorant of this, but they were not content with it; therefore even the most ancient author, Hippocrates, has said, that it behoves the physician to observe both the common and peculiar symptoms in their mode of treatment. Nor is it possible even for these methodists (14)

possunt: siquidem et compressorum et fluentium morborum genera diversa sunt; faciliusque id in iis, quæ fluunt, inspici potest. Aliud est enim sanguinem, aliud bilem, aliud cibum vomere; aliud dejectionibus, aliud torminibus laborare; aliud sudore digeri, aliud tabe consumi. Atque in partes quoque humor erumpit, ut oculos, auresque: quo periculo nullum humanum membrum vacat. Nihil autem horum sic ut aliud curatur. Ita protinus in his a communi fluentis morbi contemplatione ad propriam medicina descendit. Atque in hac quoque rursus alia proprietatis notitia sæpe necessaria est; quia non eadem omnibus, etiam in similibus casibus, opitulantur. Siquidem certæ quædam res sunt, quæ in pluribus ventrem aut adstringunt, aut resolvunt: inveniuntur tamen, in quibus aliter, atque in ceteris, idem eveniat. In his ergo communium inspectio contraria est, propriorum tantum salutaris. Et causæ quoque æstimatio sæpe morbum solvit. Ergo etiam ingeniosissimus sæculi nostri medicus, quem nuper vidimus, Cassius, febricitanti cuidam, et magna siti affecto, cum post ebrietatem

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siquidem sunt diversa genera et compressorum et fluentium morborum; que id potest inspici facilius in iis quæ fluunt. Enim est aliud vomere sanguinem, aliud bilem, aliud cibum; aliud dejectionibus, aliud laborare torminibus; aliud digeri sudore, aliud consumi tabe.

Atque quoque humor erumpit in partes, ut occulos, que aures: quo periculo nullum humanum membrum vacat. Autem nihil horum curatur sic ut aliud. Ita protinus medicina descendit in his à communi contemplationi fluentis morbi ad propriam. Atque in hac quoque rursus alia notitia proprietatis est sæpe necessaria; qui eadem non opitulantur omnibus, etiam in similibus casibus. Siquidem sunt quædam certæ res, quæ aut resolvunt, aut astringunt ventrem in pluribus: tamen inveniuntur in quibus idem eveniat aliter, atque in cæteris. In his ergo inspectio communium est contraria, propriorum tantum salutaris. Et quoque æstimatio causæ sæpe solvit morbum. Ergo etiam ingeniosissimus medicus nostri sæculi, quem nuper vidimus, Cassius, ingessit frigidam aquam cuidam febricitanti, et affecto magna siti, cum cognosset cœpisse premi post ebrie-

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to confine themselves in any manner to their own principles; since there are different kinds both of the constipated and loose diseases, and it can be more easily distinguished in those who are suffering under flux, for it is one thing to vomit blood, another to vomit bile, and another the food; one shall labour under a diarrhœa; another under dysentery; one may be emaciated by colliquative sweats, another wasted by consumption.

A discharge takes place in certain parts, for instance, the eyes and ears, from which no part of the human frame is exempt: but not one of these complaints is to be treated exactly in the same manner as another; so therefore in such cases as these, the physician descends from the common classification of running diseases to the peculiar. And even in this again, a knowledge of idiosyncracy is often necessary, because the same remedies will not avail all, even in similar cases: although there are some certain things which either excite or repress the alvine secretions in most people; yet there are some persons to be found, in whom the result might happen to be otherwise. Therefore in these cases an observation of the common diagnoses is injurious, the peculiar only salutary, and a correct pathological distinction of the cause often removes the disease. In this manner also Cassius, the most ingenious physician whom we have seen of our age, being applied to by a certain person in a state of high fever, accompanied with great thirst, when he had discovered the exciting cause to have proceeded from intoxication, ordered him

eum premi cœpisse cognosset, aquam frigidam ingessit. Qua ille epota, cum vini vim miscendo fregisset, protinus febrem somno et sudore discussit. Quod auxilium medicus opportune providit, non ex eo, quod aut adstrictum corpus erat, aut fluebat; sed ex causa, quæ ante præcesserat. Estque etiam proprium aliquid et loci et temporis, istis quoque autoribus: qui cum disputant, quemadmodum sanis hominibus agendum sit, præcipiunt ut gravibus aut locis aut temporibus magis vitetur frigus, æstus, satietas, labor, libido; magisque ut conquiescat iisdem locis aut temporibus, si quis gravitatem corporis sentit; ac neque vomitu stomachum, neque purgatione alvum sollicitet. Quæ vera quidem sunt; a communibus tamen ad quædam propria descendunt. Nisi persuadere nobis volunt, sanis quidem considerandum esse, quod cœlum, quod tempus anni sit; ægris vero non esse: quibus tanto magis omnis observatio necessaria est, quanto magis obnoxia offensis infirmitas est. Quin etiam morborum in iisdem hominibus aliæ atque aliæ proprietates sunt; et qui secundis aliquando frustra curatus est, contrariis sæpe restituitur. Plurimaque in dando

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tatem. Qua epota cum ille fregisset vim vini miscendo, protinus excusset febrem somno et sudore. Quod auxilium medicus providit opportune, non ex eo quod corpus erat aut adstrictum aut fluebat; sed ex causa quæ præcesserat ante. Que est etiam aliquid proprium et loci et temporis, quoque istis auctoribus: qui cum disputant quemadmodum sit agendum sanis hominibus, præcipiunt aut ut gravibus locis aut temporibus, frigus vitetur magis, æstus, satietas, labor, libido: que ut conquiescat magis (in) iisdem locis aut temporibus, si quis sentit gravitatem corporis; ac neque sollicitet stomachum vomitu, neque alvum purgatione. Quæ quidem sunt vera; tamen descendunt à communibus ad quædam propria. Nisi volunt persuadere nobis esse considerandum sanis quidem, quid sit cœlum, quod tempus anni, vero non esse ægris; quibus omnis observatio est tanto magis necessaria, quanto infirmitas est magis obnoxia offensis. Quin etiam sunt aliæ atque aliæ proprietates morborum in iisdem hominibus; et qui curatus est frustra aliquando secundis sæpe restituitur contrariis. Que plurima discrimina

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cold water: which being drunk, it reduced the strength of the wine by dilution, and he was immediately relieved of fever by sleep and perspiration. Which remedy the physician very opportunely adopted in this case, not from his body being either constipated or relaxed, but from the preceding cause. And as there is also some peculiarity both of time and place in those authors; who, when treating of the manner in which healthy persons are to conduct themselves, strictly advise them to shun cold, heat, excess, labour, and lust in all unhealthy places and seasons: and they enjoin more rest in those places or times, if any person feel the sensation of a weight on the body; and in such cases the stomach is neither to be disturbed by vomiting, nor the bowels by purging. Which things indeed are very true; yet they descend from the common to the peculiar symptoms: unless they wish to persuade us, that even healthy persons ought to consider the nature of the atmosphere, and the season of the year, but these observations are unnecessary for invalids; to whom every precaution is proportionately more indispensable, as an infirm state of health is more susceptible of injury. But there are, not only a variety of diseases, but also a variety of peculiarities in the same persons, and one who has been treated unsuccessfully by apparently appropriate remedies, is frequently restored by their contraries. And there is also much discrimination to be observed

cibo discrimina reperiuntur; ex quibus contentus uno ero. Nam famem facilius adolescens, quam puer; facilius in denso cœlo, quam in tenui; facilius hieme, quam æstate; facilius uno cibo, quam prandio quoque assuetus; facilius inexercitatus, quam exercitatus homo sustinet. Sæpe autem in eo magis necessaria cibi festinatio est, qui minus inediam tolerat. Ob quæ conjicio, eum, qui propria non novit, communia tantum intueri debere; eumque, qui nosse propria potest, illa quidem non oportere negligere, sed his quoque insistere. Ideoque, cum par scientia sit, utiliorem tamen medicum esse amicum, quam extraneum. Igitur, ut ad propositum meum redeam, rationalem quidem puto medicinam esse debere: instrui vero ab evidentibus causis; obscuris omnibus, non a cogitatione artificis, sed ab ipsa arte rejectis. Incidere autem vivorum corpora, et crudele, et supervacuum est: mortuorum, discentibus necessarium. Nam positum et ordinem nosse debent; quæ, cadavera melius, quam vivus et vulneratus homo, repræsentant. Sed et cetera, quæ modo in vivis cognosci possunt, in ipsis curationibus vulnera-

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reperiuntur in cibo dando: ex quibus ero contentus uno. Nam adolescens sustinet famem facilius quam puer, facilius in denso cœlo, quam in tenui; facilius hieme, quam æstate; facilius assuetus uno cibo, quam prandio quoque; inexercitatus facilius quam exercitatus homo. Autem sæpe festinatio cibi est magis necessaria in eo, qui tolerat inediam minus. Ob quæ conjicio eum, qui novit non propria, debere intueri tantum communia; que oportere eum qui potest nosse propria, non quidem negligere illa, sed quoque insistere his.

Que ideo cum scientia sit par, tamen amicum esse utiliorem medicum, quam extraneum. Igitur, ut redeam ad meum propositum, puto medicinam debere quidem esse rationalem: vero instrui ab evidentibus causis; omnibus obscuris rejectis, non à cogitatione artificis, sed ab arte ipsa. Autem incidere corpora vivorum est et crudele et supervacuum: mortuorum necessarium discentibus. Nam debent nosse positum, et ordinem, quæ cadavera repræsentant melius, quam vivus et vulneratus homo. Sed ut usus ipse monstrabit cetera, quæ possunt modo cognosci in vivis, in curationibus

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in giving food; of which I shall be content with one. For instance: a young man sustains hunger more easily than a boy; more easily in a dense atmosphere, than in a more pure air; more easily in winter than in summer; he who is accustomed to a single repast easier than he who takes a dinner (15) also; an inactive person more easily, than one who takes exercise. But the frequent repetition of food is the more necessary to him who can least support hunger. For these reasons, I think, that he, who has not acquired the idiosyncracies ought only to attend to the common symptoms; and it behoves him who can discover the peculiar, certainly not to neglect the former, but to rely chiefly on the latter.

And on that account, a friend will be the more successful physician, than the stranger, when there is a parity of knowledge possessed by each. Now, that I may return to my proposition, I think, certainly, medicine ought to be rational, but to be directed by evident causes, all the latent being rejected, not from the contemplation of the artist, but from the art itself. And to dissect the bodies of living animals is both cruel and superfluous: but the examination of dead subjects is imperatively necessary on students: for they ought to know the position and order of the parts, which are demonstrated with greater facility in dead bodies, than in a living and wounded man. As for the rest, practice itself will point out such things, which can only be

torum paulo tardius, sed aliquanto mitius usus ipse monstrabit. His propositis, primum dicam, quemadmodum sanos agere conveniat: tum ad ea transibo, quæ ad morbos curationesque eorum pertinebunt.

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ipsis vulneratorum paulo tardius, sed aliquanto mitius.

His propositis dicam primum, quemadmodum conveniat sanos agere: tum transibo ad ea, quæ pertinebunt ad morbos, que curationes eorum.

TRANSLATION.

learned on the living, by the dressing of the wounded more slowly, but a little more tenderly.

Having proposed these things, I shall first treat of the mode by which the healthy may act: then I shall proceed to those things which will pertain to diseases and their treatment.

CAP. I.

QUEMADMODUM SANOS AGERE CONVENIAT.

SANUS homo, qui et bene valet, et suæ spontis est, nullis obligare se legibus debet; ac neque medico, neque iatralipta egere. Hunc oportet varium habere vitæ genus: modo ruri esse, modo in urbe, sæpiusque in agro; navigare, venari, quiescere interdum, sed frequentius se exercere: siquidem ignavia corpus hebetat, labor firmat; illa maturam senectutem, hic longam adolescentiam reddit. Prodest etiam interdum balneo, interdum aquis frigidis uti; modo ungi, modo idipsum negligere; nullum cibi genus fugere, quo populus utatur; interdum in convictu esse, interdum ab eo se retrahere; modo plus justo, modo non amplius assumere; bis die potius, quam semel cibum capere, et semper quam plurimum, dummodo hunc concoquat. Sed ut hujus generis exercitationes cibique necessarii sunt; sic athletici supervacui. Nam et intermissus propter civiles aliquas necessitates

ORDO.

QUEMADMODUM SANOS CONVENIAT AGERE.

SANUS homo, qui et bene valet, et est suæ spontis, debet obligare se nullis legibus; ac neque egere medico, neque Iatralipta.

Oportet hunc habere varium genus vitæ: modo esse ruri, modo in urbe, que sæpius in agro; navigare, venari, interdum quiescere, sed exercere se frequentius: siquidem ignavia hebetat corpus, labor firmat; illa reddit maturam senectutem, hic longam adolescentiam. Etiam prodest uti balneo interdum, (et) interdum frigidis aquis; modo ungi, modo negligere idipsum; fugere nullum genus cibi, quo populus utatur; interdum esse in convictu, interdum retrahere se ab eo; modo assumere plus quam justo, modo non amplius; capere cibum bis die potius, quam semel, et semper quam plurimum, dummodo concoquat hunc. Sed ut exercitationes que cibi hujus generis sunt necessarii; sic athletici supervacui. Et nam ordo exercitationis intermissus prop-

TRANSLATION.

CHAP. I.

INSTRUCTIONS FOR HEALTHY PERSONS.

A MAN of sound constitution, who is in the enjoyment of good health and a free agent, ought to be under no restriction of regimen; and neither to require the physician nor an iatraleipta (16).

It is necessary for him to have a diversified kind of life; sometimes to be in the country, sometimes in town, and more frequently in the fields; to sail, to hunt, to rest at times, but to exercise himself more frequently; for indolence debilitates the frame, labour strengthens it; the one brings on premature age, the other a long adolescence. Sometimes the warm bath (17) may be used with advantage, sometimes the cold; to anoint at times, and at other times to neglect it; to avoid no kind of food that may be in common use; sometimes to banquet, at other times to withdraw himself from it; sometimes to eat more plentifully, at another time to take no more than just enough; to take food twice in the day rather than once, and always as much as he can digest. But as exercise and food of this kind are necessary, so those of wrestlers are improper; for on account of some domestic necessity, the

ordo exercitationis corpus affligit; et ea corpora, quæ more eorum repleta sunt, celerrime et senescunt, et ægrotant. Concubitus vero neque nimis concupiscendus, neque nimis pertimescendus est: rarus, corpus excitat, frequens, solvit. Cum autem frequens, non numero sit, sed natura, ratione ætatis et corporis, scire licet, eum non inutilem esse, quem corporis neque languor, neque dolor sequitur. Idem interdiu pejor est, noctu tutior: ita tamen, si neque illum cibus, neque hunc cum vigilia labor statim sequitur. Hæc firmis servanda sunt; cavendumque, ne in secunda valetudine adversæ præsidia consumantur.

ORDO.

ter aliquas civiles necessitates affligit corpus; et ea corpora, quæ sunt repleta more eorum, celerrime et senescunt, et ægrotant. Vero concubitus est neque concupiscendus nimis, neque pertimescendus nimis; rarus, excitat corpus, frequens, solvit. Cum autem sit frequens, non numero, sed natura, licet scire ratione ætatis et corporis, eum non esse inutilem, quem neque languor, neque dolor corporis sequitur. Idem est pejor interdiu, tutior noctu: tamen ita si neque cibus statim sequitur illum, neque labor cum vigilia (statim sequitur) hunc.

Hæc sunt servanda firmis; que cavendum ne in secunda valetudine præsidia adversæ consumantur.

TRANSLATION.

order of the exercise being interrupted, the body is injured; and those whose bodies are so highly fed, like theirs, very soon become feeble and diseased.

Now venery is neither to be indulged in too freely, nor entirely shunned; in moderation it animates the body, a frequency debilitates it. But as it may not be understood by the number of repetitions, we may know by the nature, the age, and constitution of a person, that it is not injurious, when it is followed neither by languor, nor pain of the body. It is more injurious in the day-time, but safer in the night; provided that neither the first be immediately followed by food, nor the last by vigilance and labour.

These precepts ought to be observed by the healthy and vigorous; and let them take care, lest the life-guards of health be defective in disease.

CAP. II.

QUÆ STOMACHO IMBECILLIS SERVANDA SINT.

At imbecillis (quo in numero magna pars urbanorum, omnesque pene cupidi litterarum sunt) observatio major neces-

ORDO.

CAP. II.

QUÆ SINT SERVANDA IMBECILLIS STOMACHO.

At major observatio est necessaria (stomacho imbecillis in quo numero sunt magna pars urbanorum, que pene omnes cupidi

TRANSLATION.

CHAP. II.

RULES TO BE OBSERVED BY THOSE WHO HAVE A WEAKNESS OF THE STOMACH.

But greater precaution is necessary for the ailing, in which number, a great part are those living in cities, and almost all those who are studious: that care may

saria est: ut quod vel corporis, vel loci, vel studii ratio detrahit, cura restituat. Ex his igitur, qui bene concoxit, mane tuto surget; qui parum, quiescere debet, et si mane surgendi necessitas fuerit, redormire: qui non concoxit, ex toto conquiescere, ac neque labori se, neque exercitationi, neque negotiis credere. Qui crudum sine præcordiorum dolore ructat, is ex intervallo aquam frigidam bibere, et se nihilominus continere. Habitare vero ædificio lucido, perflatum æstivum, hibernum solem habente; cavere meridianum solem, matutinum et vespertinum frigus; itemque auras fluminum atque stagnorum: minimeque, nubilo cœlo, soli aperienti se committere, ne modo frigus, modo calor moveat; quæ res maxime gravedines destillationesque concitat. Magis vero gravibus locis ista servanda sunt, in quibus etiam pestilentiam faciunt. Scire autem licet, integrum corpus esse, cum quotidie mane urina alba, dein rufa est: illud concoquere, hoc concoxisse significat. Ubi experrectus est aliquis, paulum intermittere: deinde, nisi hiems est, fovere os multa aqua frigida debet.

Longis diebus meridiari potius ante cibum; sin minus, post eum: per hie-

ORDO.

literarum): ut cura restituat (morbis) quod vel ratio corporis, vel loci, vel studii detrahet. Igitur ex his, qui concoxit bene, surget tuto mane; qui parum, debet quiescere, et si fuerit necessitas surgendi mane, redormire: qui non concoxit, conquiescere ex toto, ac neque credere se labori, neque exercitationi, neque negotiis. Qui ructat crudum sine dolore præcordiorum, is bibere ex intervallo frigidam aquam, et nihilominus continere se. Vero habitare lucido ædificio, æstivum perflatum, habente hibernum solem; cavere meridianum solem, (cavere) matutinum et vespertinum frigus; que item (cavere) auras fluminum atque stagnorum: que committere se minime, soli aperiente nubilo cœlo, ne moveat modo frigus, modo calor; quæ res maxime concitat gravedines quæ destillationes. Vero ista sunt servanda magis gravibus locis, in quibus etiam faciunt pestilentiam. Autem licet scire, corpus esse integrum, cum urina est alba quotidie mane, dein rufa: illud significat concoquere, hoc concoxisse. Ubi aliquis est experrectus, intermittere paulum; deinde, nisi est hiems, debet fovere os multa aqua frigida.

Longis diebus, meridiari potius ante cibum; sin, minus,

TRANSLATION.

rectify those disorders arising either from their constitution, situation, or study. Therefore those who have digested well, may rise safely in the morning: he who has digested badly ought to rest; and if there be a necessity of rising, let him go to bed again. He who has not digested at all should remain perfectly quiet, and neither betake himself to labour, nor exercise, nor business. He who has eructations of the crude ingesta, without pain of the præcordia, ought to drink cold water at intervals, and to restrain himself otherwise. But he ought to live in a house well lighted, having the summer breeze and winter sun, to shun the meridian sun, morning and evening colds, and also the mal-aria of rivers and stagnant pools; and above all, not to expose himself to the sun bursting through a cloudy sky, lest he be sometimes affected with heat, at other times with cold, which very often produce catarrheumatic (18) affections. But these observations are more applicable to unhealthy places, in which they even cause pestilence. A person may be said to be in good health, when the morning urine is first white, then of a light red colour: that implies digestion to be going on; this, its being finished. When a person awakes, he ought to remain a little, and, unless it be winter, he ought to wash his mouth with plenty of cold water.

In the long days he ought to repose at noon (19), rather before, than after a meal;

mem potissimum totis noctibus conquiescere. Sin lucubrandum est, non post cibum id facere, sed post concoctionem. Quem interdiu vel domestica, vel civilia officia tenuerunt, huic tempus aliquod servandum curationi corporis sui est. Prima autem ejus curatio, exercitatio est, quæ semper antecedere cibum debet: in eo, qui minus laboravit, et bene concoxit, amplior; in eo, qui fatigatus est, et minus concoxit, remissior. Commode vero exercent, clara lectio, arma, pila, cursus, ambulatio; atque hæc non utique plana, commodior est; siquidem melius ascensus quoque et descensus, cum quadam varietate corpus moveat; nisi tamen id perquam imbecillum est. Melior autem est sub divo, quam in porticu; melior, si caput patitur, in sole, quam in umbra; melior in umbra, quam parietes aut viridia efficiunt, quam quæ tecto subest; melior recta, quam flexuosa. Exercitationis autem plerumque finis esse debet sudor, aut certe lassitudo quæ citra fatigationem sit: idque ipsum, modo minus, modo magis faciendum est. Ac ne his quidem, athletarum exemplo, vel certa esse lex, vel immodicus labor debet. Exercitationem recte sequitur, modo unctio, vel in sole, vel ad ignem; modo balneum, sed

ORDO.

post eum: per hiemem potissimum, totis noctibus conquiescere. Sin lucubrandum est non facere id post cibum, sed post concoctionem. Quem interdiu, vel domestica, vel civilia officia tenuerunt; huic aliquid tempus servandum est curationi sui corporis. Autem prima curatio ejus est exercitatio, quæ debet semper antecedere cibum: amplior in eo, qui laboravit minus, et concoxit bene; remissior in eo, qui est fatigatus, et concoxit minus. Vero clara lectio, arma, pila, cursus, ambulatio exercent commode; atque hæc non utique plana, est commodior; siquidem ascensus quoque et descensus, melius, cum quadam varietate corpus moveat (melius); nisi tamen id est perquam imbecillum. Autem est melior, sub divo quam in porticu; si caput patitur melior, in sole, quam in umbra; melior in umbra, quam efficiunt, parietes aut viridia, que subest tecto, melior recta, quam flexuosa. Autem sudor plerumque debet esse finis exercitationis, aut certe lassitudo, quæ sit citra fatigationem: idque ipsum est faciendum modo minus, modo magis. Ac ne his quidem debet esse vel lex certa, exemplo athletarum, vel immodicus labor. Modo unctio vel in sole, vel ad ignem, recte sequitur exercitationem; modo balneum, sed con-

TRANSLATION.

in winter especially, to rest the whole night: but if he be compelled to study by night, he ought not to do that after food, but after digestion. He whom either domestic or civil duties have occupied during the day, ought to set apart some time for the refreshment of his body: and his first care is exercise, which ought always to precede food: he who has digested well and laboured little, his exercise ought to be more powerful; but more gentle in him who is fatigued, and digested less. Reading aloud, the use of arms, the ball, running, and walking, are very convenient exercises; and the latter of which would be more advantageous, if not on a plane, since the body may be exercised better by an ascending and descending variety, unless it be very weak. And it is better in the open air than in a portico; better in the sun (if the head can bear it) than in a shade; better in a shade formed by walls or shrubberies, than that which is under a roof; a straight walk is better than a winding. But incipient perspiration ought generally to terminate the exercise, or at least, lassitude short of fatigue, and even in this itself it ought to be sometimes more, sometimes less. And indeed there ought to be no fixed rule, nor immoderate labour in these exercises, in imitation of the athletes. Unction very properly follows these exercises, sometimes; either in the sun, or before a fire; at another time a bath, but in a chamber as high,

conclavi quam maxime, et alto, et lucido, et spatioso. Ex his vero neutrum semper fieri oportet; sed sæpius alterutrum, pro corporis natura. Post hæc paulum conquiescere opus est. Ubi ad cibum ventum est, numquam utilis est nimia satietas; sæpe inutilis nimia abstinentia: si qua intemperantia subest, tutior est in potione, quam in esca. Cibus a salsamentis, oleribus, similibusque rebus melius incipit: tum caro assumenda est, quæ assa optima, aut elixa est. Condita omnia duabus de causis inutilia sunt; quoniam et plus propter dulcedinem assumitur, et quod modo par est, tamen ægris concoquitur. Secunda mensa bono stomacho nihil nocet, in imbecillo coacescit. Si quis itaque hoc parum valet, palmulas, pomaque, et similia melius primo cibo assumit. Post multas potiones, quæ aliquantum sitim excesserunt, nihil edendum est: post satietatem, nihil agendum. Ubi expletus est aliquis, facilius concoquit, si quidquid assumpsit, potione aquæ frigidæ includit, tum paulisper invigilat, deinde bene dormit. Si quis interdiu se implevit, post cibum neque frigori, neque æstui, neque labori se debet com-

ORDO.

clavi, quam maxime, et alto, et lucido, et spatioso. Ex his vero oportet neutrum ex his fieri sed sæpius, alterutrum, pro natura corporis. Post hæc est opus conquiescere paulum. Ubi est ventum ad cibum, nimia satietas est numquam utilis, nimia abstinentia (est) sæpe inutilis: si qua intemperantia subest, est tutior in potione, quam in esca. Cibus incipit melius a salsamentis, oleribus, que similibus rebus: tum caro est assumenda, quæ assa, aut elixa est optima. Omnia condita sunt inutilia de duobus causis; quoniam et plus assumitur propter dulcedinem, et quod est modo par, tamen concoquitur ægrius. Secunda mensa nocet nihil bono stomacho, coascescit in imbecillo. Que ita si quis valet hoc parum, melius assumit primo cibo palmulas, que poma, et similia. Post multas potiones, quæ excesserunt aliquantum sitim, nihil est edendum: post satietatem nihil (est) agendum. Ubi aliquis est expletus, concoquit facilius, si includit quidquid assumpsit potione frigidæ aquæ, tum invigilat paulisper, deinde dormit bene. Si quis implevit se interdiu, post cibum debet neque committere se frigori, neque æstui, neque labori: enim neque hæc nocent

TRANSLATION.

light, and spacious as possible. It is not incumbent that either of these should be done always, but very frequently, one or other as may be most agreeable to the peculiarity of the constitution. After these things it is necessary to rest a little. When food is about to be taken, satiety is injurious, so is too great abstinence; if there be any excess to be tolerated, it is safer in drinking than in eating. It is best to begin a meal with salt meats (20), vegetables and such like. After these, meat which is roasted or boiled is best. All condiments are injurious, from two causes, one is, that too much is taken on account of their being very palatable, and the other, that although the quantity be moderate, yet they are digested with difficulty. A dessert is not injurious to a healthy stomach, but generates acidity in a weak. Therefore if this organ be weak, he would better commence with dates, apples, and such like. Nothing should be eaten, after the thirst has been fully satisfied by a sufficiency of drink; after which, nothing should be done. When one has completed a meal, digestion is more easily effected by concluding whatever he has taken with a draught of cold water; then continuing awake for a little while, he may sleep well afterwards. If a person have eaten rather freely in the day time, he ought not to expose himself after it either to cold, heat, or labour; for these things do not injure an

mittere: neque enim tam facile hæc inani corpore, quam repleto nocent. Si quibus de causis futura inedia est, labor omnis vitandus est.

ORDO.

inani corpore, tam facile quam repleto. Si de quibus causis inedia est futura, omnis labor est vitandus.

TRANSLATION.

empty stomach so easily as a full one. If from any cause, privation be imperative, all labour must be avoided.

CAP. III.

OBSERVATIONES QUÆDAM PROUT RES NOVÆ ACCIDUNT, ET CORPORUM GENERA, ET SEXUS, ET ÆTATES, ET TEMPORA ANNI SUNT.

ATQUE hæc quidem pene perpetua sunt. Quasdam autem observationes desiderant et novæ res, et corporum genera, et sexus, et ætates, et tempora anni. Nam neque ex salubri loco in gravem, neque ex gravi in salubrem transitus satis tutus est. Ex salubri in gravem, prima hieme; ex gravi in eum, qui salubris est, prima æstate transire melius est. Neque vero ex multa fame nimia satietas; neque ex nimia satietate fames idonea est. Periclitaturque, et qui semel, et qui bis die cibum incontinenter, contra consuetudinem, assumit. Item, neque ex nimio labore subitum otium, neque ex nimio otio su-

ORDO.

CAP. III.

QUÆDAM OBSERVATIONES SUNT, PROUT NOVÆ RES ACCIDUNT, ET GENERA CORPORUM, ET SEXUS, ET ÆTATES, TEMPORA ANNI.

ATQUE hæc quidem sunt pene perpetua. Autem et novæ res, et genera corporum, et sexus et tempora anni desiderant quasdam observationes. Nam neque est transitus ex salubri loco in gravem, neque ex gravi in salubrem satis tutus. Est melius transire ex salubri (loco) in gravem prima hieme; ex gravi (loco) in eum, qui est salubris prima æstate. Vero neque est nimia satietas idonea ex multa fame; neque (est) fames (idonea) ex nimia satietate. Que et qui assumit cibum semel incontinenter periclitatur, et qui bis in die contra consuetudinem. Item neque est subitum otium ex nimio labore, neque subitus la-

TRANSLATION.

CHAP. III.

SOME OBSERVATIONS APPLICABLE TO NEW INCIDENTS AND THE DIFFERENT CONSTITUTIONS, SEXES, AND AGES, AND SEASONS OF THE YEAR.

THE precepts hitherto delivered are almost of universal application; but there are new cases, and varieties of constitution, the difference of sexes, ages, and seasons of the year require particular observation. The transition from a healthy place to an unhealthy, or from an unhealthy to a healthy, is not very safe. It is better to pass from a healthy place to an unhealthy in the beginning of winter; from a sickly to a salubrious in the commencement of summer. Neither is it proper to surcharge the stomach with food after long privation; nor should privation succeed to a full diet. And a person runs some risk of his health who eats once or twice immoderately contrary to custom. Therefore, a rapid transition from too much labour to

bitus labor, sine gravi noxa est. Ergo, cum quis mutare aliquid volet, paulatim debebit assuescere. Omnem etiam laborem facilius vel puer vel senex, quam insuetus homo sustinet. Atque ideo quoque nimis otiosa vita utilis non est; quia potest incidere laboris necessitas. Si quando tamen insuetus aliquis laboravit, aut si multo plus, quam solet, etiam is qui assuevit, huic jejuno dormiendum est: multo magis, si etiam os amarum est, vel oculi caligant, aut venter perturbatur. Tum enim non dormiendum tantummodo jejuno est, sed etiam in posterum diem permanendum; nisi cito id quies sustulit. Quod si factum est, surgere oportet, et lente paulum ambulare. At si somni necessitas non fuit, quia modice magis aliquis laboravit, tamen ingredi aliquid eodem modo debet. Communia deinde omnibus sunt post fatigationem cibum sumpturis, ubi paulum ambulaverunt, si balneum non est, calido loco, vel in sole, vel ad ignem ungi, atque sudare; si est, ante omnia in tepida resedere; deinde, ubi paulum conquieverunt, intrare et descendere in solium; tum multo oleo ungi, leniterque perfricari; iterum in solium descendere: post hæc,

ORDO.

bor ex nimio otio sine noxa. Ergo cum quis volet mutare aliquid, debebit assuescere paulatim. Etiam vel puer vel senex sustinet omnem laborem facilius, quam insuetus homo. Atque ideo quoque vita nimis otiosa est non utilis; quia necessitas laboris potest incidere. Tamen si aliquis insuetus quando laboravit, aut si etiam is qui assuevit multo plus quam solet, est huic dormiendum jejuno: multo magis, si etiam os est amarum, vel oculi caligant, aut venter perturbatur. Enim tum non tantummodo est dormiendum jejuno, sed etiam permanendum in posterum diem; nisi quies sustulit id cito. Quod si est factum, oportet surgere, et ambulare paulum lente. At si non fuit necessitas somni, quia aliquis laboravit magis modice, tamen debet ingredi aliquid eodem modo.

Deinde sunt communia omnibus sumpturis cibum post fatigationem, ubi ambulaverunt paulum, si non est balneum, ungi, atque sudare calido loco, vel in sole, vel ad ignem; si est, ante omnia resedere in tepida; deinde ubi conquieverunt paulum intrare et descendere in solium; tum ungi multo oleo, que perfricari leniter; iterum descendere in solium: post hæc fovere os multa

TRANSLATION.

ease, or the sudden accession of too much ease after hard labour, is not unattended with serious danger. Consequently, when any change is contemplated, the transition ought to be very gradual. Even a boy or an old man sustains labour more easily than a man unaccustomed to it: and for this reason an over-indolent life is not conducive to health; because the necessity of labour may happen. Yet, if a person, unaccustomed at any time, or even one who has been inured, should labour much more than usual, he ought to sleep with an empty stomach; particularly if he have a bitter taste in his mouth, or the eyes are dim, or the bowels disturbed. For then he must not only sleep with an empty stomach, but remain so the following day, unless rest has suddenly carried it off. If that has been done, he ought to get up and walk a little, slowly; but if a person has been at such moderate labour that there is no necessity for sleep, still he ought to walk in the same manner.

Here follow some general rules for those who are about to eat after fatigue: when they have walked a little, if there be not a bath, let them be anointed and perspire, either in a warm place or in the sun, or before the fire; if there be, first of all let them sit in the tepidarium, afterwards, when they have rested a little, to descend into the solium, then to be anointed with plenty of oil, to be rubbed gently, and again descend into the solium: after these being done, let the mouth be

os aqua calida fovere, deinde frigida. Balneum his fervens idoneum non est. Ergo si nimium alicui fatigato pene febris est, huic abunde est, loco tepido demittere se inguinibus tenus in aquam calidam, cui paulum olei sit adjectum: deinde totum quidem corpus, maxime tamen eas partes, quæ in aqua fuerunt, leniter perfricare ex oleo, cui vinum et paulum contriti salis sit adjectum. Post hæc, omnibus fatigatis aptum est cibum sumere, eoque humido uti; aqua, vel certe diluta potione esse contentos; maximeque ea, quæ moveat urinam. Illud quoque nosse oportet, quod ex labore sudanti frigida potio perniciosissima est; atque etiam, cum sudor se remisit, itinere fatigatis inutilis. A balneo quoque venientibus Asclepiades inutilem eam judicavit: quod in iis verum est, quibus alvus facile, nec tuto, resolvitur, quique facile inhorrescunt; perpetuum in omnibus non est, cum potius naturale sit, potione æstuantem stomachum refrigerari. Quod ita præcipio, ut tamen fatear, ne ex hac quidem causa sudanti adhuc frigidum bibendum esse. Solet etiam prodesse, post varium cibum, frequentesque dilutas potiones, vomitus, et postero die longa quies, deinde modica exercitatio.

ORDO.

calida aqua, deinde frigida. Fervens balneum non est idoneum his. Ergo si est pene nimium febris alicui fatigato, est abunde huic, demittere se loco tepido tenus inguinibus in aquam calidam, cui paulum olei sit adjectum: deinde quidem perfricare totum corpus leniter, tamen maxime eas partes quæ fuerunt in aqua, ex oleo, cui vinum et paulum contriti salis sit adjectum.

Post hæc est aptum omnibus fatigatis sumere cibum, que uti eo humido; esse contentos aqua, vel certe diluta potione; que maxime ea que moveat urinam. Quoque oportet nosse illud, quod frigida potio est perniciosissima sudanti ex labori; atque etiam cum sudor remisit se, (est) inutilis fatigatis itinere. Asclepiades quoque judicavit eam inutilem venientibus a balneo: quod est verum in iis, quibus alvus resolvitur facile, nec tuto, que qui inhorrescunt facile; est non perpetuum in omnibus, cum sit potius naturale, æstuantem stomachum refrigerari potione. Quod ita præcipio, ut tamen fatear, ne quidem ex hac causa frigidum esse bibendum adhuc sudanti.

Etiam vomitus solet prodesse, post varium cibum, que frequentes dilutas potiones, et postero die longa quies, deinde modica exercitatio. Si assidua

TRANSLATION.

washed with warm water, afterwards with cold. A hot bath is improper for these: therefore, if a person be so over fatigued as almost to be feverish, it will be sufficient for him to lower himself as far as the groin in a tepid room in warm water, to which a little oil has been added; afterwards let the whole body be rubbed gently, more particularly those parts which have been in the water, with oil, to which some wine and a little powdered salt have been added.

Afterwards, it is proper for all persons that are fatigued to take food, and moisture with it; to be content with water, or at most diluted drink, particularly that which may prove diuretic. It is also necessary to know this, that cold water is most pernicious to a sweating person after labour, also to a person fatigued by a journey, even when the perspiration has abated. Asclepiades also has pronounced it injurious to those coming out of the bath: and he is correct with those who are easily relaxed, but not with safety to those who are liable to rigors: this is not a general rule, since it may be more natural for a heated stomach to be cooled by drink. Whilst I prescribe so, I confess at the same time that not even on this account should any thing be drunk by a person in a state of perspiration.

An emetic is usually advantageous after various food, and frequent diluted drinks, and on the following day a long rest and moderate exercise. If one be oppressed

Si assidua fatigatio urget, invicem modo aqua, modo vinum bibendum est, raroque balneo utendum. Levatque lassitudinem etiam laboris mutatio: eumque, quem novum genus ejusdem laboris pressit, id, quod in consuetudine est, reficit. Fatigato quotidianum cubile tutissimum est. Lassat enim quod contra consuetudinem, seu molle seu durum est. Proprie quædam ad eum pertinent, qui ambulando fatigatur. Hunc reficit in ipso quoque itinere frequens frictio; post iter, primum sedile, deinde unctio: tum calida aqua in balneo magis superiores partes, quam inferiores foveat. Si quis vero exustus in sole est, huic in balneum protinus eundum, perfundendumque oleo corpus et caput; deinde in solium bene calidum descendendum est; tum multa aqua per caput infundenda, prius calida, deinde frigida. At ei, qui perfrixit, opus est in balneo primum involuto sedere, donec insudet; tum ungi; deinde lavari: cibum modicum, potiones meracas assumere. Is vero qui navigavit, et nausea pressus est, si multam bilem evomuit, vel abstinere cibo debet, vel paulum aliquid assumere: si pituitam acidam effudit, utique sumere

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fatigatio urget, modo aqua, modo vinum, est bibendum invicem, que utendum balneo raro. Que etiam mutatio laboris levat lassitudinem: que eum quem novum genus ejusdem laboris pressit, id, quod est in consuetudine, reficit. Fatigato quotidianum cubile est tutissimum. Enim quod est contra consuetudinem lassat, seu est molle, seu (est) durum. Quædam pertinent proprie ad eum, qui fatigatur ambulando. Frequens frictio quoque reficit hunc in itinere ipso; post iter, primum sedile, deinde unctio: tum foveat superiores partes, magis quam inferiores calida aqua in balneo. Vero si quis exustus est in sole, (est) huic eundum protinus in balneum, que corpus et caput perfundendum oleo; deinde est descendendum in solium bene calidum; tum infundenda multa aqua per caput, prius calida, deinde frigida. At est opus ei qui perfrixerit involuto primum sedere in balneo, donec insudet; tum ungi; deinde lavari: assumere modicum cibum, (que) meracas potiones. Vero is qui navigavit, et est pressus nausea, si evomuit multam bilem, debet vel abstinere cibo, vel assumere aliquid paulum: si effudit acidam pituitam, utique sumere cibum,

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with unremitting lassitude, a little wine, a little water must be taken alternately, and rarely use the bath. Also a change of labour relieves fatigue; and that labour, of which he is in constant practice, recruits him whom a new kind of the same labour debilitates. The daily couch is very convenient to a fatigued person: but even that, if contrary to habit, whether soft or hard, wearies.

There are some things peculiarly applicable to a man fatigued by walking. Frequent friction, even on the journey itself, refreshes him; at the end of the journey, first a rest, and then unction; afterwards, he may foment the lower extremities rather than the upper with warm water. But if a person has been scorched in the sun, he must go immediately to the bath and have oil poured over his head and body; afterwards, he must go into the solium very warm: there plenty of warm water is to be poured on the head, afterwards cold. But it will be necessary for him who has been chilled to be well wrapped up, and to sit in the laconicum until he may perspire; then to be anointed; afterwards to bathe: to take food in moderation, and drink pure wine.

But he who has been to sea, and is troubled with nausea if he has vomited much bile, ought to abstain from food or to take very little; if he has ejected acid phlegm(21) he may indeed take a little, but lighter than ordinary; if he has had

cibum, sed assueto leviorem: si sine vomitu nausea fuit, vel abstinere, vel post cibum vomere. Qui vero toto die, vel in vehiculo, vel in spectaculis sedit, huic nihil currendum, sed lente ambulandum est: lenta quoque in balneo mora, dein cœna exigua prodesse consueverunt. Si quis in balneo æstuat, reficit hunc ore exceptum, et in eo retentum, acetum: si id non est, eodem modo frigida aqua assumpta.

Ante omnia autem norit quisque naturam sui corporis: quoniam alii graciles, alii obesi sunt; alii calidi, alii frigidiores; alii humidi, alii sicci; alios adstricta, alios resoluta alvus exercet: raro quisquam non aliquam partem corporis imbecillam habet. Tenuis vero homo implere se debet, plenus extenuare, calidus refrigerare, frigidus calefacere, madens siccare, siccus madefacere: itemque alvum firmare is, cui fusa; solvere is, cui adstricta est: succurrendumque semper parti maximè laboranti est.

Implet autem corpus modica exercitatio, frequentior quies, unctio, et si post prandium est, balneum, contracta alvus, modicum frigus hieme, somnus et plenus et non nimis longus, molle cubile, animi securitas, assumpta per cibos et

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sed leviorem (quam) assueto: si fuit nausea sine vomitu, (debet) vel abstinere, vel vomere post cibum. Vero qui sedit toto die, vel in vehiculo, vel in spectaculis, (est) huic currendum nihil, sed est ambulandum lente: quoque lenta mora in balneo, dein exigua cœna consueverunt prodesse. Si quis æstuat in balneo, acetum exceptum (in) ore, et retentum in eo reficit hunc: si est non id, frigida aqua assumpta eodem modo.

Autem ante omnia quisque noverit naturam sui corporis: quoniam alii sunt graciles, alii obesi; alii calidi, alii frigidiores; alii humidi, alii sicci; adstricta alvus exercet alios, resoluta alios; raro quisquam non habet aliquam imbecillam partem corporis. Vero tenuis homo debet implere se, plenus extenuare, calidus refrigerare, frigidus calefacere, madens siccare, siccus madefacere: que item is (debet) firmare alvum, cui fusa; is (debet) solvere cui est adstricta: que est semper succurrendum parti maxime laboranti.

Autem modica exercitatio implet corpus, frequentior quies, unctio, et si est post prandium, balneum, alvus contracta, modicum frigus hieme, somnus et plenus, et non nimis longus, molle cubile, securitas animi,

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nausea without retching, he should refrain from food, or take an emetic after it. He who has sat the whole day, either in a chariot or at some exhibition, ought not to run at all, but to walk slowly; also to make a considerable stay in the bath, and then to sup lightly. If one become very warm in the bath, a little vinegar taken into the mouth and held there will refresh him: if that is not to be obtained, cold water to be taken in the same manner.

But above all things every one should know the nature of his constitution: because some are slender, others fat; some are hot, others more cold; some are moist, others dry; constipated bowels trouble some, relaxed, others: there are very few who have not some weak part of the body. The slender man ought to improve his habit, the plethoric man should extenuate himself; one of warm temperament ought to cool himself, the cold man should make warm; the moist should dry, the dry should moisten; he who is of a relaxed habit ought to strengthen the bowels, and he who is costive should relax them; and that part, in particular, must be supported which is the weakest.

The body improves by moderate exercise, more frequent rest, unction and a warm bath after dinner, costive bowels, moderate cold in winter, full sleep, but not too long, a soft bed, an easy mind, particularly all sweet and fat things taken

potiones maxime dulcia et pinguia, cibus et frequentior et quantus plenissimus potest concoqui. Extenuat corpus aqua calida, si quis in eam descendit, magisque si salsa est; in jejuno balneum, inurens sol et omnis calor, cura, vigilia, somnus nimium vel brevis vel longus; lectus, per æstatem, terra; hieme, durum cubile: cursus, multa ambulatio omnisque vehemens exercitatio, vomitus, dejectio, acidæ res et austeræ, et semel die assumptæ, et vini non perfrigidi potio jejuno in consuetudinem adducta.

Cum vero inter extenuantia posuerim vomitum et dejectionem, de his quoque proprie quædam dicenda sunt. Ejectum esse ab Asclepiade vomitum in eo volumine, quod de tuenda sanitate composuit, video: neque reprehendo, si offensus eorum est consuetudine, qui quotidie ejiciendo, vorandi facultatem moliuntur. Paulo etiam longius processit: idem purgationes quoque eodem volumine expulit. Et sunt eæ perniciosæ, si nimis valentibus medicamentis fiunt. Sed hæc tamen submovenda esse, non est perpetuum; quia corporum temporumque ratio potest ea facere necessaria, dum et modo, et non nisi cum opus est,

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maxime dulcia et pingua assumpta per cibos et potiones, cibus et frequentior et quantus plenissimus potest concoqui. Calida aqua, si quis in eam descendit extenuat corpus, que magis si est salsa; balneum in jejuno, inurens sol et omnis calor, cura, vigilia, somnus nimium vel brevis, vel longus; terra, lectus per æstatem, durum cubile hieme; cursus, multa ambulatio, que omnis vehemens exercitatio, vomitus, dejectio, austeræ et acidæ res, et assumpta semel die, et potio vini non perfrigidi adducta in consuetudinem jejuno.

Vero cum posuerim vomitum et dejectionem inter extenuantia, quædam propria dicenda sunt quoque de his. Video vomitum esse rejectum ab Asclepiade, in eo volumine quod composuit de tuenda sanitate; neque reprehendo, si est offensus consuetudine eorum, qui ejiciendo quotidie, moliuntur facultatem vorandi. Etiam processit paulo longius: idem (Ascl.) expulit purgationes quoque eodem volumine. Et eæ perniciosæ sunt, si fiunt nimis valentibus medicamentis. Sed tamen non est perpetuum, hæc esse submovenda; quia ratio corporum que temporum potest facere ea necessaria, dum adhibeantur, et modo,

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with the food and drink, very frequent meals, and as much in quantity as can be digested.

The body is extenuated by going into warm water, and the more so, if it be salt; (also by) the bath fasting, a scorching sun, all heat, care, watching, either short or long sleep; the earth for a bed during the summer, and a hard couch in winter: running, much walking, and all violent exercise, vomiting, purging, acid and austere things, taken once in the day only, and to be brought into the use of drinking uncooled wines on an empty stomach.

But since I have arranged emetics and aperients among the attenuants, there is something particular to be said concerning them. I perceive that vomiting is rejected by Asclepiades in that treatise which he composed on the preservation of health; nor do I blame him if he has been offended with the practice of those, who, by vomiting daily, acquire a voracious appetite. But he has gone still farther; for in the same volume he has forbidden purgatives: and indeed they are injurious if composed of very powerful medicines: it is a general maxim and not without exceptions, for these things cannot be entirely dispensed with, because, constitutional peculiarities and seasons may render them necessary, provided they be employed both in moderation, and when there is a necessity; therefore he him-

adhibeantur. Ergo ille quoque ipse, si quid jam corruptum esset, expelli debere confessus est: ita non ex toto res condemnanda est. Sed esse ejus etiam plures causæ possunt; estque in ea quædam paulo subtilior observatio adhibenda. Vomitus utilior est hieme, quam æstate: nam tum et pituitæ plus, et capitis gravitas major subest. Inutilis est gracilibus, et imbecillum stomachum habentibus: utilis plenis et biliosis omnibus, si vel nimium se replerunt, vel parum concoxerunt. Nam, sive plus est, quam quod concoqui possit, periclitari ne corrumpatur, non oportet: si vero corruptum est, nihil commodius est, quam id, qua via primum expelli potest, ejicere. Itaque, ubi amari ructus cum dolore et gravitate præcordiorum sunt, ad hunc protinus confugiendum est. Idem prodest ei, cui pectus æstuat, et frequens saliva, vel nausea est; aut sonant aures, aut madent oculi, aut os amarum est: similiterque ei, qui vel cœlum, vel locum mutat; iisque, quibus, si per plures dies non vomuerunt, dolor præcordia infestat. Neque ignoro, inter hæc præcipi quietem: quæ non semper contingere potest agendi neces-

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et non nisi cum est opus. Ergo ille confessus est ipse quoque, si quid jam esset corruptum, debere expelli: ita res non est condemnanda ex toto. Sed etiam possunt esse plures causæ ejus; que quædam paulo subtilior observatio est adhibenda in ea.

Vomitus est utilior hieme, quam æstate: nam tum subest et plus pituitæ, et major gravitas capitis. Gracilibus, et habentibus imbecillum stomachum est inutilis; omnibus plenis et biliosis (est) utilis, si replerunt se vel nimium vel concoxerunt parum. Nam, sive est plus quam quod possit concoqui, non oportet periclitari ne corrumpatur: sive est corruptum, nihil est commodius quam id ejicere, qua primum via potest expelli, itaque ubi sunt amari ructus, cum dolore et gravitate præcordiorum, protinus confugiendum est ad hunc.

Idem prodest ei, cui pectus æstuat, et est frequens saliva vel nausea; aut (cui) aures sonant, aut oculi madent, aut os est amarum: que similiter ei qui mutat vel cœlum vel locum; que iis quibus dolor infestat præcordia, si non vomuerunt per plures dies. Neque ignoro quietam præcipi inter hæc; quæ non potest contingere semper habentibus necessitatem agendi;

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self has confessed, that if any thing be vitiated, it ought to be expelled; so that this is not to be condemned entirely, since there may be many occasions for it, and to which a more particular discrimination must be directed.

A vomit is more useful in winter than in summer, because in that season there is more phlegm, and a greater heaviness of the head. It is injurious to those who are delicate and have weak stomachs; but it is useful to those who are of a full and bilious habit, if they have either taken too much or have digested badly: for if they have charged themselves with more than can be digested, they ought not to run the risk of its being tainted; or if it be already putrescent, nothing is more proper, than to eject it in the most expeditious manner attainable. Therefore when there are bitter eructations, with pain and heaviness of the præcordia, they must immediately administer this remedy.

It is also salutary to him who has a burning heat in the stomach, abundant saliva or nausea; or to him who has a singing in his ears, or watry eyes, or a bitterness in the mouth: also to one who removes out of one climate to a different one, and to those who are troubled with a pain of the præcordia, if they have not vomited for many days. Nor am I ignorant, that rest is ordered in these cases, which cannot always be obtained by those who are under the necessity of acting; nor has

sitatem habentibus; nec in omnibus idem facit. Itaque istud luxuriæ causa fieri non oportere confiteor; interdum valetudinis causa recte fieri, experimentis credo: cum eo tamen, ne quis qui valere et senescere volet, hoc quotidianum habeat. Qui vomere post cibum volet, si ex facili facit, aquam tantum tepidam ante debet assumere; si difficilius, aquæ vel salis, vel mellis paulum adjicere. At qui mane vomiturus est, ante bibere mulsum, vel hyssopum, aut esse radiculam debet; deinde aquam tepidam, ut supra scriptum est, bibere. Cetera quæ antiqui medici præceperunt, stomachum omnia infestant. Post vomitum, si stomachus infirmus est, paulum cibi, sed hujus idonei, gustandum, et aquæ frigidæ cyathi tres bibendi sunt; nisi tamen vomitus fauces exasperavit. Qui vomuit, si mane id fecit, ambulare debet, tum ungi, deinde cœnare: si post cœnam, postero die lavari, et in balneo sudare. Huic proximus cibus mediocris utilior est; isque esse debet cum pane hesterno, vino austero meraco, et carne assa, cibisque omnibus quam siccissimis. Qui vomere bis in mense vult, melius consulet, si biduo continuarit, quam si post quin-

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nec facit idem in omnibus. Itaque confiteor oportere istud non fieri causa luxuriæ; credo experimentis, interdum fieri recte causa valetudinis; tamen cum eo, ne quis habeat hoc quotidianum, qui volet valere et senescere. Qui volet vomere post cibum, si facit ex facili, debet assumere tantum tepidam aquam ante; si (facit) difficilius (debet) adjicere paulum vel salis vel mellis aquæ. At qui est vomiturus mane, debet bibere mulsum ante, vel hyssopum aut esse radiculam; deinde bibere tepidam aquam, ut est scriptum supra. Omnia cætera, quæ antiqui medici præciperunt infestant stomachum. Post vomitum, si stomachus est infirmus, paulum cibi gustandum, sed hujus idonei, et tres cyathi aquæ frigidæ sunt bibendi, nisi tamen vomitus exasperavit fauces. Qui vomuit, si fecit id mane, debet ambulare, tum ungi, deinde cœnare; si (fecit) post cœnam, (debet) lavari, et sudare in balneo. Proximus huic mediocris cibus est utilior; que is debet esse cum pane hesterno, meraco austero vino, et assa carne, que omnibus cibis quam siccissimis. Qui vult vomere bis in mense, consulet melius, si continuarit biduo, quam si vomuerit post quintum-

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it the same effect on all. Therefore I admit, that vomits should not be taken for the sake of indulging luxury: but from experience I believe they are often and properly administered for the sake of health; but I advise that no one should have these daily, who wishes to be healthy, and live to an old age.

When a person wishes to vomit after food, that he may do it the more easily, he ought only to take warm water before; if with more difficulty, he ought to add either a little salt or honey to the water; but he who is about to vomit in the morning, should first drink hydromel (22), or hyssop, or to eat radish, afterwards to drink warm water as prescribed above. All the other things which the ancient physicians have advised, disorder the stomach. After an emetic, if the stomach be weak, some proper food ought to be taken; and three cupfuls of cold water are to be drunk, if the fauces have been irritated by vomiting. He who has vomited in the morning, ought to walk, then to be anointed, afterwards to sup; but if after supper, he ought to bathe, and perspire in the bath on the following day. His next meal after this ought to be rather moderate, and to eat yesterday's bread, austere pure wine, roasted meat, and all the driest kinds of food. He who wishes to vomit twice in the month, will consult his health better, if it be done on two successive

tumdecimum diem vomuerit; nisi hæc mora gravitatem pectori faciet. Dejectio autem medicamento quoque petenda est, ubi venter suppressus parum reddit, ex eoque inflationes, caligines, capitis dolores, aliaque superioris partis mala increscunt. Quid enim inter hæc adjuvare possunt quies et inedia, per quæ illa maxime eveniunt? Qui dejicere volet, primum cibis vinisque utatur iis, quæ hoc præstant; dein, si parum illa proficient, aloën sumat. Sed purgationes quoque, ut interdum necessariæ sunt, sic, ubi frequentes sunt, periculum afferunt. Assuescit enim non ali corpus; cum omnibus morbis obnoxia maxime infirmitas sit. Calefacit autem unctio, aqua salsa, magisque si calida est, omnia salsa, amara, carnosa, si post cibum est, balneum, vinum austerum. Refrigerant in jejuno, et balneum, et somnus, nisi nimis longus est, et omnia acida; aqua quam frigidissima; oleum, si aqua miscetur. Humidum autem corpus efficit labor major, quam ex consuetudine, frequens balneum, cibus plenior, multa potio; post hæc ambulatio, et vigilia: per se quoque ambulatio multa et vehemens, et matutinæ exercitationi non protinus cibus

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decimum diem; gravitatem pectori faciat hæc mora. Autem dejectio est petenda quoque, medicamento, ubi, suppressus, venter reddit parum, que ex eo inflationes, caligines (oculorum), dolores capitis, que alia increscunt mala superioris partis. Enim quid possunt quies et inedia adjuvare inter hæc, per quæ illa (mala) maxime eveniunt? Qui volet dejicere (se) utatur iis cibus que vinis, quæ præstant hoc primum; dein si illa proficient parum, sumat aloën. Sed ut purgationes sunt quoque necessariæ interdum, sic ubi sunt frequentes, afferunt periculum. Enim corpus non assuescit ali; cum infirmitas sit maxime obnoxia omnibus morbis.

Autem unctio calefacit, (item) aqua salsa, que magis, si est calida, omnia salsa, amara, carnosa, balneum, si est post cibum, et austerum vinum. Et balneum refrigerat in jejuno, et somnus, nisi est nimis longus, et omnia acida; aqua quam frigidissima, oleum, si miscetur aqua. Autem major labor quam ex consuetudine efficit corpus humidum, frequens balneum, plenior cibus, multa potio; post hæc, ambulatio, et vigilia: quoque multa et vehemens ambulatio per se, et cibus non protinus adjectus exercita-

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days, rather than repeat it on the fifteenth day, unless such an intermission should cause a pain at his chest.

When the bowels are constipated, so as to evacuate very sparingly, and from that cause, flatulencies, a dimness of sight, pains of the head, and other maladies of the superior parts increase, then an aperient will be advantageous: for what can rest or abstinence render in those disorders of which they are the exciting causes? He who wishes to relax his bowels, let him first use such food and wine as produce that effect: if these avail him but little, then let him take aloes. But purgatives, although sometimes necessary, yet when they are frequent, become dangerous: for by this the body will be deprived of its nourishment, consequently infirmity renders it the more susceptible of all diseases.

The body is warmed by unction, salt-water, and more so if it be warm, all salt meats, bitters, flesh, the bath if after food, and austere wine; on the other hand, it is refrigerated by a bath before meals, sleep, unless it be too long, and all acids, the coldest waters, oil, if it be mixed with water, and lotus (23).

But the body is rendered moist by less exercise than usual, frequent bathing, full diet, and plenty of drink, a walk after this and vigilance. Also, walking much and very quick, has of itself the same tendency; and morning exercise, if not im-

adjectus: ea genera escæ, quæ veniunt ex locis frigidis, et pluviis, et irriguis. Contra siccat modica exercitatio, fames, unctio sine aqua, calor, sol modicus, frigida aqua, cibus exercitationi statim subjectus, et is ipse ex siccis et æstuosis locis veniens.

Alvum adstringit labor, sedile, creta figularis corpori illita, cibus imminutus, et is ipse semel die assumptus ab eo, qui bis solet; exigua potio, neque adhibita, nisi cum cibi quis quantum assumpturus est, cepit; post cibum quies. Contra solvit aucta ambulatio atque esca, motus qui post cibum est, subinde potiones cibo immistæ. Illud quoque scire oportet, quod ventrem vomitus solutum comprimit, compressum solvit: itemque comprimit is vomitus, qui statim post cibum est; solvit is, qui tarde supervenit.

Quod ad ætates vero pertinet, inediam facillime sustinent mediæ ætates, minus juvenes, minime pueri et senectute confecti. Quo minus fert facile quisque, eo sæpius debet cibum assumere; maximeque eo eget, qui increscit. Calida lavatio et pueris et senibus apta est. Vinum dilutius pueris, senibus meracius, neutri ætati, quæ inflationes movent. Juvenum minus,

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tioni matutinæ; ea genera escæ, quæ veniunt ex frigidis, et pluviis, et irriguis locis. Contra modica exercitatio siccat, fames, unctio sine aqua, calor, modicus sol, frigida aqua, cibus statim subjectus exercitationi, et is ipse veniens ex siccis et æstuosis locis.

Labor (et) sedile adstringit alvum; creta figularis illita corpori, imminutus cibus, et is ipse assumptus semel die ab eo qui solet bis; exigua potio, neque adhibita, nisi cum quis cepit quantum cibi (ut) est assumpturus; post cibum quies. Contra ambulatio aucta atque esca solvit; motus qui est post cibum, potiones immixtæ subinde cibo. Quoque oportet scire illud, quod vomitus comprimit solutum alvum, solvit compressum: que item is vomitus comprimit qui est statim post cibum; is solvit qui supervenit tarde.

Vero quod pertinet ad ætates, mediæ ætates sustinent inediam facillime, juvenes minus, pueri et confecti senectute minime. Quo quisque fert minus facile, eo debet assumere cibum sæpius; que eget eo maxime qui increscit. Calida lavatio est apta et pueris et senibus. Dilutius vinum pueris, meracius senibus, quæ neutri ætati moveat inflationes. Interest minus ju-

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mediately followed by food; and those kinds of food which come from cold, rainy, and marshy climates. On the other hand, immoderate exercise, hunger, unction, heat without moisture, immoderate use of salt, cold water, food immediately after exercise, particularly that which comes from dry and hot climates, all tend to dry the body.

Labour astringes the bowels, a still posture, rubbing potter's earth on the body, diminished food, and that itself being taken once a day by him who is accustomed to take it twice; little drink, nor is this to be taken, until the repast is finished; and rest after food. On the other hand, increased walking and food relaxes the bowels, also exercise after a meal, and the drink to be commixt with it occasionally. It is also necessary to know this, that an emetic binds a relaxed habit, and loosens a costive one: a vomit immediately after food binds it; the same protracted has the opposite effect.

But with respect to the different ages, people in middle life sustain privation most easily; young men less, boys and worn out age least of all. In proportion to the ability of each age to support the cravings of hunger, so much the oftener ought they to take food; and he requires it most who is growing. Warm bathing is proper both for boys and old men. More diluted wine should be given to boys than to old men; but to neither, that which would generate flatulencies. It is of

quæ assumant, et quomodo curentur, interest. Quibus juvenibus fluxit alvus, plerumque in senectute contrahitur: quibus in adolescentia fuit adstricta, sæpe in senectute solvitur. Melior est autem in juvene fusior, in sene adstrictior.

Tempus quoque anni considerare oportet. Hieme plus esse convenit; minus, sed meracius bibere; multo pane uti, carne potius elixa, modice oleribus; semel die cibum capere, nisi si nimis venter adstrictus est. Si prandet aliquis, utilius est exiguum aliquid, et ipsum siccum sine carne, sine potione sumere. Eo tempore anni calidis omnibus potius utendum est, vel calorem moventibus. Venus tum non æque perniciosa est. At vere paulum cibo demendum, adjiciendumque potioni, sed dilutius tamen bibendum est; magis carne utendum, magis oleribus; transeundum paulatim ad assa ab elixis. Venus eo tempore anni tutissima est. Æstate vero et potione et cibo sæpius corpus eget; ideo prandere quoque commodum est. Eo tempore aptissima sunt et caro et olus; potio quam dilutissima, ut et sitim tollat, nec corpus incendat; frigida lavatio, caro assa, frigidi cibi, vel qui refrigerent. Ut sæpius autem cibo utendum, sic exiguo est. Per

ORDO.

venum quæ assumant, et quomodo curentur. Quibus juvenibus alvus fluxit, plerumque contrahitur in senectute: quibus fuit adstricta in adolescentia, sæpe solvitur in senectute. Autem fusior (alvus) est melior in juvene, adstrictior in sene.

Quoque oportet considerare tempus anni. Convenit esse plus hieme; bibere minus, sed meracius; uti multo pane, potius elixa carne, modice oleribus; capere cibum semel die, nisi, si venter est nimis adstrictus. Si aliquis prandet est utilius sumere aliquid exiguum, et ipsum siccum, sine carne, sine potione. Eo tempore anni est utendum omnibus calidis, vel moventibus calorem. Tum venus non est æque perniciosa.

At vere paulum demendum cibo, que adjiciendum potioni; sed tamen bibendum est dilutius; utendum magis carne, magis oleribus; transeundum paulatim ab elixis ad assa. Venus eo tempore anni est tutissima.

Vero æstate corpus eget sæpius et potione et cibo: ideo quoque est commodum prandere. Et caro, et olus sunt aptissima eo tempore; potio quam dilutissima, ut et tollat sitim, nec incendat corpus; frigida lavatio, assa caro frigidi cibi, vel qui refrigerunt. Autem ut est utendum cibo sæpius, sic exiguo.

TRANSLATION.

less importance what food young men take, or how it is prepared. Those who are of a constipated habit while young, are generally relaxed in old age: and those who are relaxed in their youth, are for the most part costive in their old age. It is better for a youth to be more free in his bowels, and for an old man to be bound.

It is also necessary to consider the season of the year. It is proper to eat more in winter; to drink less, but more pure; to use plenty of bread, boiled meat in preference, vegetables moderately; to take food once in the day, unless the bowels are over costive. If one dines, it is better to take some little thing, and that dry, without flesh, and without drink. In that season of the year, all warm things, or calefaciants ought to be used. Nor is venery so injurious then.

In spring a little is to be taken away from the food, the drink increased, but more diluted; more meat and vegetables are to be used, and to pass gradually from boiled to roast meat. Venery is most safe in that season of the year.

But in summer the body requires both meat and drink more frequently: on that account it is proper to dine. Both meat and vegetables are proper in that season, but the drink as much diluted as possible, that it may at once allay thirst and not inflame the body; cold bathing, roasted meat, cold food, or that which may cool. *As it will be necessary* to take more often, so it ought to be in small portions.

autumnum vero, propter cœli varietatem, periculum maximum est. Itaque neque sine veste, neque sine calceamentis prodire oportet, præcipueque diebus frigidioribus, neque sub divo nocte dormire, aut certe bene operiri. Cibo vero jam paulo pleniore uti licet; minus, sed meracius bibere. Poma nocere quidam putant, quæ immodice toto die plerumque sic assumuntur, ne quid ex densiore cibo remittatur: ita non hæc, sed consummatio omnium nocet. Ex quibus in nullo tamen minus, quam in his noxæ est. Sed his uti non sæpius, quam alio cibo convenit. Denique aliquid densiori cibo, cum hic accedit, necessarium est demi. Neque æstate vero, neque autumno utilis venus est: tolerabilior tamen per autumnum; æstate in totum, si fieri potest, abstinendum est.

ORDO.

Vero per autumnum propter varietatem cœli, periculum est maximum. Itaque oportet neque prodire sine veste, neque sine calceamentis, que præcipue frigidioribus diebus neque dormire sub divo nocte, aut certe operire bene. Vero jam licet uti paulo pleniore cibo; bibere minus, sed meracius. Quidam putant poma nocere, quæ plerumque assumuntur sic immodice toto die, (ut) ne quid remittatur ex densiore cibo. Ita non consummatio hæc, sed omnium nocet: tamen ex quibus est minus noxæ in nullo, quam in his: sed non uti his sæpius quam convenit alio cibo.

Denique est necessarium aliquid demi densiori cibo, cum hic accedit. Vero neque est venus utilis æstate, neque autumno; tamen (est) tolerabilior per autumnum; abstinendum in totum æstate, si potest fieri.

TRANSLATION.

During the autumn there is the greatest danger on account of the variations of atmosphere. Therefore one should neither go out without a robe, nor without shoes, especially on the colder days, nor sleep under the open air by night, or at least to be well covered. Now, a fuller diet is allowable, the drink less, but more pure. Some persons imagine that apples (24) are injurious, which are taken immoderately for the most part the whole of the day, and no adequate abatement made from the more solid food: therefore the evil does not arise from these fruits, but from the aggregate of all that is taken: for none of them contribute less to it than these. Therefore it is not fit that they should be used oftener than other food.

Lastly, it is necessary for some part of the more solid food to be withheld when this is added. Indeed venery is neither salutary in summer nor in autumn; however, it is more supportable in autumn; but in summer there ought to be a total abstinence from it if possible.

CAP. IV.

DE HIS QUI ALIQUA PARTE CORPORIS LABORANT, ET PRIMUM DE HIS QUIBUS CAPUT INFIRMUM EST.

PROXIMUM est, ut de iis dicam, qui partes aliquas corporis imbecillas habent. Cui caput infirmum est, is si bene concoxit, leniter perfricare id mane manibus suis debet; numquam id, si fieri potest, veste velare; ad cutem tonderi; utileque lunam vitare, maximeque ante ipsum lunæ solisque concursum; sed nusquam post cibum. Si cui capilli sunt, eos quotidie pectere; multum ambulare, sed, si licet, neque sub tecto, neque in sole; utique autem vitare solis ardorem, maximeque post cibum et vinum; potius ungi, quam lavari; numquam ad flammam ungi, interdum ad prunam. Si in balneum venit, sub veste primum paulum in tepidario insudare, ibi ungi, tum transire in calidarium; ubi sudarit, in solium non descendere, sed multa calida aqua per caput se totum perfundere, tum tepida, deinde frigida; diutiusque ea

ORDO.

CAP. IV.

DE HIS QUI LABORANT IN ALIQUA PARTE CORPORIS, ET PRIMUM DE HIS QUIBUS CAPUT EST INFIRMUM.

EST proximum, ut dicam de iis, qui habent aliquas imbecillas partes corporis. Cui caput est infirmum, is si concoxerit bene, debet perfricare id leniter mane suis manibus; nunquam velare id veste, si potest fieri; tondere ad cutem: que (est) utile vitare lunam, que maxime ante concursum ipsum lunæ que solis; sed nusquam (progredi) post cibum. Si sunt capilli cui, (debet) pectere eos quotidie, ambulare multum; sed si licet, neque sub tecto, neque in sole: autem ubique vitare ardorem solis, que maxime post cibum et vinum: potius ungi quam lavari; nunquam ungi ad flammam; interdum ad prunam. Si venit in balneum, primum insudare paulum sub veste in tepidario; ibi ungi, tum transire in calidarium: ubi sudarit, non descendere in solium, sed perfundere se totum per caput multa calida aqua, tum tepida, deinde frigida que per-

TRANSLATION.

CHAP. IV.

RULES FOR THOSE WHO ARE AFFECTED IN SOME OTHER PART OF THE BODY, AND FIRST, OF THOSE WHO HAVE SOME INFIRMITY OF THE HEAD.

I COME now to speak of those who have a weakness in some particular part of the body. He who has a weakness in the head, if he has digested well, ought to rub it gently with his hands in the morning, and never to cover it with a robe, if possible, or the hair to be cut close to the skin; it will benefit him to avoid moonlight, and particularly before her conjunction with the sun, but never to go out after food: if he have hair, let him comb it every day; to walk much, neither under a roof, nor in the sun if possible; but particularly to avoid the heat of the sun after food or wine: rather anoint than bathe, and the unction should never be performed before a flame, rather before a live coal. If he come into a bath, he ought to sweat first a little under a garment in the tepidarium, to be anointed there, and then to go into the calidarium; when he has perspired there, he is not to descend into the solium, but to pour plenty of hot water over the head and whole of the body, then tepid water in the same way, and lastly cold; the last is to

caput, quam ceteras partes perfundere; deinde id aliquandiu perfricare; novissime detergere et ungere. Capiti nihil æque prodest arque aqua frigida: itaque is, cui hoc infirmum est, per æstatem id bene largo canali quotidie debet aliquandiu subjicere. Semper autem, etiamsi sine balneo unctus est, neque totum corpus refrigerare sustinet, caput tamen aqua frigida perfundere. Sed cum ceteras partes attingi nolit, demittere id, ne ad cervices aqua descendat; eamque, ne quid oculis, aliisve partibus noceat, defluentem subinde manibus ad hoc regerere. Huic modicus cibus necessarius est, quem facile concoquat; isque, si jejuno caput læditur, assumendus etiam medio die est; si non læditur, semel potius. Bibere huic assidue vinum dilutum, lene, quam aquam magis expedit; ut, cum caput gravius esse cœperit, sit quo confugiat: eique ex toto neque vinum, neque aqua semper utilia sunt; medicamentum utrumque est, cum invicem assumitur. Scribere, legere, voce contendere, huic opus non est, utique post cœnam; post quam ne cogitatio quidem ei satis tuta est: maxime tamen vomitus alienus est.

ORDO.

fundere ea caput diutius quam cæteras partes; deinde perfricare id aliquandiu, novissime detergere et ungere.

Nihil prodest æque capiti atque frigida aqua: itaque is, cui hoc est infirmum, debet subjicere id aliquamdiu quotidie canali bene largo per æstatem. Autem semper etiamsi est unctus sine balneo, neque sustinet refrigerare totum corpus, tamen perfundere caput frigida aqua. Sed cum nolit cæteras partes attingi, demittere id, ne aqua descendat ad cervices, que regerere eam defluentem ad hoc subinde manibus, ne noceat quid oculis, vel aliis partibus. Modicus cibus est necessarius huic quem concoquat facile; que is est assumendus etiam medio die, si caput læditur jejuno, si non læditur, potius semel. Expedit magis huic bibere lene dilutum vinum assidue, quam aquam, ut cum caput cœpit esse gravius, sit quo confugiat que neque sunt vinum neque aqua ex tota semper utilia ei. Utrumque est medicamentum cum assumitur invicem, non est opus huic, scribere, legere, contendere voce utique post cœnam; post quam nequidem cogitatio est satis tuta ei: tamen vomitus (est) maxime alienus.

TRANSLATION.

be continued longer on the head than on the other parts; afterwards to rub it for some time; lastly, to dry and anoint.

Nothing does the head so much good as cold water; therefore, he who has such an infirmity ought to submit it daily for some time to a full stream during the summer. And even if he has anointed without a bath, nor can sustain a shock over the whole body, yet he ought always to pour cold water upon his head. But when he is unwilling to have the other parts of his body touched, he ought to incline his head in such a manner that the water may not fall on his neck, and to dash back the flowing stream occasionally with his hands, lest it may offend his eyes or any other part. Moderate diet is necessary for him, which is more easily digested; and that must be taken in the middle of the day, if the head ache on an empty stomach; if not, once a day is more eligible. Mild diluted wine is more expedient for him to drink than water, that when his head grows worse he may have something to resort to: neither is it proper for him to drink wine always, nor water; each of them is a remedy when taken alternately. He must neither read nor write, nor declaim after supper; after which, not even thinking is sufficiently safe for him; a vomit to this man would prove highly deleterious.

CAP. V.

DE HIS QUI LIPPITUDINE, GRAVEDINE, DESTILLATIONE, TONSILLISQUE LABORANT.

NEQUE vero his solis, quos capitis imbecillitas torquet, usus aquæ frigidæ prodest; sed iis etiam, quos assiduæ lippitudines, gravedines, destillationes, tonsillæque male habent. His autem non caput tantum quotidie perfundendum, sed os quoque multa frigida aqua fovendum est; præcipueque omnibus, quibus hoc utile auxilium est, eo utendum est, ubi gravius cœlum Austri reddiderunt. Cumque omnibus inutilis sit post cibum aut contentio, aut agitatio animi; tum iis præcipue, qui, vel capitis, vel arteriæ dolores habere consuerunt, vel quoslibet alios oris affectus. Vitari etiam gravedines, destillationesque possunt, si quam minime, qui his opportunus est, loca aquasque mutat; si caput in sole protegit, ne incendatur, neve subitum ex repentino nubilo frigus id moveat; si post concoctionem jejunus caput radit; si post cibum neque legit, neque scribit.

ORDO.

CAP. V.

DE HIS QUI LABORANT LIPPITUDINE, GRAVEDINE, DESTILLATIONE QUE TONSILLIS.

VERO neque usus frigidæ aquæ prodest his solis quos imbecillitas capitis torquet, sed etiam iis, quos assiduæ lippitudines, gravedines, destillationes, que tonsillæ habent male. Autem his non tantum caput est perfundendum quotidie, sed quoque os (est) fovendum multa frigida aqua, que est utendum eo præcipue omnibus quibus hoc auxilium est utile, ubi Austri reddiderunt cœlum gravius. Que cum (est) contentio, aut cogitatio animi sit inutilis omnibus post cibum, tum præcipue his qui consueverunt habere vel dolores capitis, vel arteriæ, vel quoslibet alios affectus oris. Etiam gravedines que destillationes possint vitari. Si is, qui est opportunus his, mutat aerem quam minime, loca, que aquas, si protegit caput in sole, ne inscindatur, vel ne subitum frigus ex repentino nubilo moveat id; si jejunus radit post concoctionem; si neque legit, neque scribit post cibum.

TRANSLATION.

CHAP. V.

OF LIPPITUDO, CATARRH, AND DISORDERS OF THE TONSILS.

BUT the application of cold water is not limited to those only who have pains in the head; but is advantageous to those who have lippitudo, heaviness in the head, catarrhs, and diseased tonsils. They must not only pour cold water on the head every day, but wash their mouths also with plenty of it; and it ought to be used by those especially who find relief from it, when the south winds have rendered the air noxious. And as every effort or agitation of mind is injurious after meals to all, it is more especially to those who are liable to pains in their heads, or any other affection of the mouth or larynx (25). A person subject to these complaints may escape them by changing his air, situation, and water as little as possible; let him protect his head from the sun, lest it be scorched by heat or affected by cold by the sudden intervention of a cloud; also let him shave his head on an empty stomach after digestion, and neither read nor write after meals.

CAP. VI.

AD SOLUTUM ALVUM REMEDIA.

QUEM vero frequenter cita alvus exercet, huic opus est pila similibusque superiores partes exercere; dum jejunus est, ambulare; vitare solem, continua balnea; ungi citra sudorem; non uti cibis variis, minimeque jurulentis, aut leguminibus, oleribusve iis, quæ celeriter descendunt; omnia denique sumere, quæ tarde concoquuntur. Venatio, durique pisces, et ex domesticis animalibus assa caro maxime juvant. Numquam vinum salsum bibere expedit, ne tenue quidem, aut dulce; sed austerum, et plenius, neque idipsum pervetus. Si mulso uti volet, id ex decocto melle faciendum est. Si frigidæ potiones ventrem ejus non turbant, his utendum potissimum est. Si quid offensæ in cœna sensit, vomere debet; idque postero quoque die facere: tertio, modici ponderis panem ex vino esse, adjecta uva ex olla, vel ex defruto, similibusque aliis: deinde ad consuetudinem redire. Semper autem post cibum conquiescere, ac neque intendere animum, neque ambulatione quamvis leni dimoveri.

ORDO.

CAP. VI.

REMEDIA AD SOLUTUM ALVUM.

VERO quem alvus exercet cita, est opus huic exercere superiores partes pila, que similibus: dum est jejunus ambulare; vitare solem; continua balnea; ungi citra sudorem; non uti variis cibis, que minime jurulentis, aut leguminibus, vel his oleribus quæ descendunt celeriter; deniqne sumere omnia, quæ concoquuntur tarde. Venatio qne duri pisces et assa caro ex domesticis animalibus juvant maxime.

Expedit numquam bibere salsum vinum, ne quidem tenne, aut dulce, sed plenius, et austerum, neque idipsum pervetus. Si volet uti mulso, id est faciendum ex decocto melle. Si frigidæ potiones non turbant ventrem ejus, est utendum his potissimum. Si sensit quid offensæ in cœna, debet vomere; qne facere id quoque postero die: tertio, esse panem modici ponderis, ex vino uva ex olla adjecta, vel ex defruto, que aliis similibus: deinde redire ad consuetudinem. Autem semper conquiescere post cibum, ac neque intendere animum, neque dimovere ambulatione quamvis leni.

TRANSLATION.

CHAP. VI.

RELAXATIONS OF THE BOWELS AND TREATMENT.

THE man who is troubled with a frequent relaxation of the bowels ought to exercise the upper parts with the ball and such like motions; to walk while his stomach is empty; to avoid the sun; constant bathing; to be anointed until perspiration begins; not to use a variety of food, particularly stews, pulse, and pot-herbs, all of which pass quickly through; in short, to take all such things as are slowly digested. Venison, firm fish, and the roasted meat of domestic animals aid much.

It is never expedient to drink salt wine(26), nor even diluted or sweet wine, but the austere, of a full body, and not very old. If he choose to take hydromel, it must be prepared with boiled honey. If the bowels be not disturbed by cold drinks he ought to use these principally. If any thing has disagreed with him at supper, he ought to take an emetic, and to repeat it on the day following; on the third day to eat a small portion of bread dipped in wine, or preserved grapes, or indefrutum(27) and things of a like nature: afterwards to return to his ordinary mode of living. After food always to rest, and neither to apply his mind, nor to be agitated by walking however gently.

CAP. VII.

REMEDIA AD COLI DOLOREM.

At si laxius intestinum dolere consuevit, quod colum nominant, cum id nihil nisi genus inflationis sit, id agendum est, ut concoquat aliquis, ut lectione, aliisque generibus exerceatur, utatur balneo calido, cibis quoque et potionibus calidis; denique omni modo frigus vitet, item dulcia omnia, leguminaque, et quidquid inflare consuevit.

ORDO.

CAP. VII.

REMEDIA AD DOLOREM COLI.

At si laxius intestinum quod nominant Κῶλον (id est, colum) consuevit dolore, cum id sit nihil nisi genus inflationis, id est agendum, ut aliquis concoquat, ut exerceatur lectione, que aliis generibus, utatur calido balneo, quoque calidis cibis et potionibus; denique vitet frigus omni modo, item omnia dulci, que legumina, et quidquid consuevit inflare.

TRANSLATION.

CHAP. VII.

DISEASES OF THE COLON.

But if a more relaxed state of the intestine which is called the colon, be subject to pains, it may be nothing but a kind of flatulency, and the treatment to be pursued is, that digestion may be facilitated: the patient must practise reading and other exercises; he may use the hot bath, also take his food and drink warm: lastly, let him avoid cold by all means, also all sweet things, pulse, and whatever usually generates flatulencies.

CAP. VIII.

QUÆ AGENDA SINT STOMACHO LABORANTIBUS.

Si quis vero stomacho laborat, legere clare debet; post lectionem ambulare; tum pila, vel armis, aliove quo genere, quo superior pars movetur, exerceri; non aquam, sed vinum calidum bibere jejunus; cibum bis die assumere, sic tamen, ut facile concoquat; uti vino

ORDO.

CAP. VIII.

QUÆ AGENDUM LABORANTIBUS STOMACHO.

Vero si quis laborat stomacho, debet legere clare; post lectionem ambulare; tum exerceri pila, vel armis, ve quo alio genere, quo superior pars movetur; jejunus non bibere aquam, sed calidum vinum; assumere cibum bis die, tamen sic, ut concoquat facile; uti tenui et austero vino,

TRANSLATION.

CHAP. VIII.

THE MANAGEMENT OF A WEAK STOMACH.

If a person be troubled with dyspepsia he ought to read aloud; after reading to walk, then to exercise himself with the ball or arms, or any other movement by which the superior parts are put in motion: not to drink water on an empty stomach, but hot wine; to take food twice a day, but only as much as he can easily digest; to use

tenui et austero, et post cibum frigidis potionibus potius. Stomachum autem infirmum indicant pallor, macies, præcordiorum dolor, nausea, et nolentium vomitus, in jejuno dolor capitis. Quæ in quo non sunt, is firmi stomachi est. Neque credendum utique nostris est, qui cum in adversa valetudine vinum aut frigidam aquam concupiverunt, deliciarum patrocinium in accusationem non merentis stomachi habent. At qui tarde concoquunt, et quorum ideo præcordia inflantur, quive propter ardorem aliquem noctu sitire consuerunt, ante quam conquiescant, duos tresve cyathos per tenuem fistulam bibant. Prodest etiam adversus tardam concoctionem clare legere, deinde ambulare, tum vel ungi vel lavari, assidue vinum frigidum bibere, et post cibum, magnam potionem, sed, ut supra dixi, per siphonem: deinde omnes potiones aqua frigida includere. Cui vero cibus acescit, is ante eum bibere aquam egelidam debet, et vomere: at si cui ex hoc frequens dejectio incidit, quoties alvus ei constiterit, frigida potione potissimum utatur.

ORDO.

et potius frigidis potionibus post cibum. Autem pallor, macies, dolor præcordiorum, nausea et vomitus nolentium, dolor capitis in jejuno, indicant infirmum stomachum. In quo quæ non sunt, is est firmi stomachi. Neque est credendum utique nostris, qui cum concupiverunt vinum aut frigidam aquam in adversa valetudine, habent patrocinium deliciarum in accusationem stomachi non merentis.

At qui concoquunt tarde, et præcordia quorum ideo inflantur, ve qui propter aliquem ardorem consuerunt sitire nocte, bibant duos vel tres cyathos per tenuem fistulam, ante quam conquiescant. Etiam prodest adversus tardam concoctionem legere clare, deinde ambulare, tum vel ungi vel lavari, bibere frigidum vinum assidue, et post cibum, magnam potionem, sed, ut dixi supra, per siphonem: deinde includere omnes potiones aqua frigida. Vero cui cibus acescit, is debet bibere egelidam aquam ante eum, et vomere: at si frequens dejectio incidit cui ex hoc, quoties alvus constiterit ei, utatur potissimum frigida potione.

TRANSLATION.

diluted and sharp wine; and rather cold drinks after food. But paleness, leanness, pains of the præcordia, nausea, and involuntary vomiting, pain of the head when the stomach is empty, are all indications of that organ being in a weak state. In those persons where these signs are absent, the stomach is strong. Neither must we credit our countrymen, who, when they are indisposed, eagerly call for wine or cold water, and defend their luxury under the pretext that the stomach is unmindful of its office.

But those who digest slowly, and for this reason the stomach becomes inflated, or who, on account of heat, are accustomed to be thirsty during the night, may drink two or three cupfuls through a small tube before going to rest. It assists a tardy digestion also, to read aloud, then to walk, afterwards either to be anointed or bathe; to drink constantly cold wine, and after meals to drink freely, but in the manner I directed above, by a syphon; and to conclude all by cold water. But he whose food becomes acescent in the stomach, should drink warm water previously, to excite vomiting. Should a purging ensue from this, as soon as the bowels become settled, he ought to use cold drinks principally.

CAP. IX.

QUOD OBSERVANDUM SIT DOLORE NERVORUM LABORANTIBUS.

Si cui vero dolere nervi solent, quod in podagra chiragrave esse consuevit, huic, quantum fieri potest, exercendum id est, quod affectum est, objiciendumque labori et frigori; nisi cum dolor increvit; sub quo quies optima est. Venus semper inimica est; concoctio, sicut in omnibus corporis affectibus, necessaria. Cruditas enim id maxime lædit, et quoties offensum corpus est, vitiosa pars maxime sentit.

Ut concoctio autem omnibus vitiis occurrit, sic rursus aliis frigus, aliis calor: quæ sequi quisque pro habitu corporis sui debet. Frigus inimicum est seni, tenui, vulneri, præcordiis, intestinis, vesicæ, auribus, coxis, scapulis, naturalibus, ossibus, dentibus, nervis, vulvæ, cerebro: idem summam cutem facit pallidam, aridam, duram, nigram; ex hoc horrores tremoresque nascuntur. At prodest juvenibus, et omnibus ple-

ORDO.

CAP. IX.

QUID SIT OBSERVANDUM LABORANTIBUS DOLORE NERVORUM.

Vero si nervi solent dolere cui, quod consuevit esse in podagra ve chiragra, est huic, exercendum id quod est affectum quantum potest fieri, que objiciendum (id) labori et frigori; nisi cum dolor increvit; sub quo quies est optima. Venus est semper inimica, concoctio, sicut in omnibus affectibus corporis, (est) necessaria. Enim cruditas lædit id maxime, et quoties corpus est offensum vitiosa pars sentit maxime.

Autem ut concoctio occurrit omnibus vitiis, sic rursus frigus (occurrit) aliis, calor aliis: quæ quisque debet sequi pro habitu sui corporis. Frigus est inimicum seni, tenui, vulneri, præcordiis, intestinis, vesicæ, auribus, coxis, scapulis, naturalibus, ossibus, dentibus, nervis, vulvæ, cerebro: idem facit summam cutem pallidam, aridam, duram, nigram; ex hoc horrores que tremores nascuntur. At prodest juvenibus, et omnibus plenis:

TRANSLATION.

CHAP. IX.

ON THOSE WHO LABOUR UNDER AFFECTIONS OF THE NERVES.

But if a person be subject to pains of the nerves, such as is common in gout of the feet or hands, he ought as much as possible to exercise that part which is affected, and to be exposed to labour and cold; unless the pain has become violent, and in that case rest is best. Venery is always inimical in these complaints. Digestion is necessary in this, as in all other affections of the body. For crudity injures it most; and as often as the body is deranged, (or rather the digestive organs are at fault,) the parts affected feel it most.

But as digestion opposes all diseases, so in the same way again, some are opposed by cold, others by heat: and which each person ought to follow, according to the nature of his body. Cold is inimical to an old or delicate person, to a wound, the præcordia, intestines, bladder, ears, hips, shoulders, private parts, teeth, bones, nerves, womb, and brain. It also renders the surface of the skin pale, hard, dry, and black; from this proceed shiverings and tremors. But it benefits young per-

nis: erectiorque mens est, et melius concoquitur, ubi frigus quidem est, sed cavetur. Aqua vero frigida infusa, præterquam capiti, etiam stomacho prodest: item articulis doloribusque, qui sunt sine ulceribus: item rubicundis nimis hominibus, si dolore vacant. Calor autem adjuvat omnia, quæ frigus infestat: item lippientes, si nec dolor, nec lacrimæ sunt; nervos quoque, qui contrahuntur; præcipueque ea ulcera, quæ ex frigore sunt: idem corporis colorem bonum facit; urinam movet. Si nimius est, corpus effœminat, nervos emollit, stomachum solvit. Minime vero aut frigus aut calor tuta sunt, ubi subita insuetis sunt. Nam frigus, lateris dolores, aliaque vitia; frigida aqua, strumas excitat: calor concoctionem prohibet, somnum aufert, sudore digerit, obnoxium morbis pestilentibus corpus efficit.

ORDO.

que mens est erectior, et quidem concoquitur melius, ubi est frigus, sed cavetur. Vero præterquam frigida aqua infusa capita, etiam prodest stomacho: que item doloribus articulis, qui sunt sine ulceribus: item nimis rubicundis hominibus, si vacant dolore. Autem calor adjuvat omnia, quæ frigus infestat: item lippientes, si sunt nec dolor, nec lacrimæ; quoque nervos, qui contrahuntur; que præcipue ea ulcera, quæ sunt ex frigore: idem facit bonum colorem corporis; movet urinam. Si est nimius, effœminat corpus, emollit nervos, solvit stomachum. Vero aut frigus, aut calor sunt minime tuta, ubi sunt subita insuetis. Nam frigus excitat dolores lateris, que alia vitia, frigida aqua (excitat) strumas: calor prohibet concoctionem, aufert somnum, digerit sudore, efficit corpus obnoxium pestilentibus morbis.

TRANSLATION.

sons, and all those who are of a full habit. The mind is more firm, and indeed when it is cold, digestion goes on better, but due care should be taken to guard against it. Cold water poured on, not only profits the head but the stomach also: and also pains in the joints which are not ulcerated; and to persons who are too ruddy, if they be free from pain. Heat favours whatever cold hurts; those having blear eyes, if they have neither pain nor a suffusion of tears; also contracted nerves, and particularly those ulcers which are produced by cold; produces a good colour of the body, and promotes the excretion of urine. If it be too great it debilitates the body, softens the nerves, and relaxes the stomach. But neither cold nor heat is by any means safe coming suddenly upon persons unaccustomed to it. Now cold excites pain in the side, and other complaints; and cold water causes strumous diseases: heat prevents digestion, takes away sleep, it is the great agent in decomposing the body by perspiration, and renders it the more obnoxious to pestilential diseases.

CAP. X.

OBSERVATIO IN PESTILENTIA.

Est etiam observatio necessaria, qua quis in pestilentia utatur adhuc integer, cum tamen securus esse non possit. Tum igitur oportet peregrinari, navigare: ubi id non licet, gestari, ambulare sub divo, ante æstum, leniter; eodemque modo ungi: et, ut supra comprehensum est, vitare fatigationem, cruditatem, frigus, calorem, libidinem: multoque magis se continere, si qua gravitas in corpore est. Tum neque mane surgendum, neque pedibus nudis ambulandum est, minimeque post cibum, aut balneum: neque jejuno, neque cœnato vomendum est: neque movenda alvus; atque etiam, si per se mota est, comprimenda est: abstinendum potius, si plenius corpus est. Itemque vitandum balneum, sudor, meridianus somnus, utique si cibus quoque antecessit; qui tamen semel die tum commodius assumitur; insuper etiam modicus, ne cruditatem moveat. Alternis diebus invicem, modo aqua, modo vinum bibendum est. Quibus servatis,

ORDO.

CAP. X.

OBSERVATIO IN PESTILENTIA.

Observatio est etiam necessaria, qua quis adhuc integer utatur in pestilentia, tamen cum non possit esse securus. Tum igitur oportet peregrinari, navigare: ubi id non licet, gestari, ambulare leniter sub divo, ante æstum: que eodem modo ungi: et ut est supra comprehensum, vitare fatigationem, cruditatem, frigus, calorem, libidinem: que continere se multo magis, si est qua gravitas in corpore. Tum neque surgendum mane, neque est ambulandum nudis pedibus, que minime post cibum, aut balneum: neque est vomendum jejuno, neque cœnato: neque (est) alvus movenda; atque etiam, si est mota per se, est comprimenda: potius est abstinendum, (quam implere se,) si corpus est plenius. Que item vitandum balneum, sudor, meridianus somnus, utique quoque si cibus antecessit; tamen qui assumitur semel die commodius, tum etiam insuper modicus, ne moveat cruditatem. Modo aqua, modo vinum est bibendum alternis diebus invicem. Quibus servatis, victus debet

TRANSLATION.

CHAP. X.

PESTILENTIAL DISEASES.

There are some things to be observed in a pestilential season, even by a man who is as yet in good health, but yet cannot be secure. At that time it is proper to travel, and to sail: when that is not attainable, to use gestation, gentle walking in the open air before the heat of the day, and unction with the same moderation, and as it has been directed above, to avoid fatigue, crudity, cold, heat, and venery, and confine himself to a strict regimen. If he feel any heaviness about the body, then he is neither to rise in the morning, nor walk barefooted at any time, particularly after meals or the bath: nor to vomit either with an empty stomach, or after supper: nor are the bowels to be relaxed, and if they become loose of themselves, they must be restrained. Abstinence must be observed, if the body be plethoric. Also the bath must be avoided, sweating, the meridian nap, particularly if food have preceded it, at which time food should be taken rather once in the day, and even that sparingly, lest it may cause indigestion: one day water, next day wine is to be drunk, and so on every alternate day. These regulations being observed, there ought to

ex reliqua victus consuetudine quam minimum mutari debet. Cum vero hæc in omni pestilentia facienda sint, tum in ea maxime, quam Austri excitarint. Atque etiam peregrinantibus eadem necessaria sunt, ubi gravi tempore anni discesserunt ex suis sedibus, vel ubi in graves regiones venerunt. Ac si cetera res aliqua prohibebit, utique abstinere debebit: atque ita a vino ad aquam, ab hac ad vinum, eo, qui supra positus est, modo, transitus ei esse.

ORDO.

mutari quam minimum ex reliqua consuetudine. Vero cum hæc sint facienda in omni pestilentia, tum maxime in ea, quam Austri excitarint. Atque etiam eadem sunt necessaria peregrinantibus, ubi discesserunt ex suis sedibus gravi tempore anni, vel ubi venerunt in graves regiones. Ac si aliqua res prohibebit cetera, utique debebit abstinere: atque ita ei transitus esse a vino ad aquam, ab hac ad vinum, eo modo, qui est positus supra.

TRANSLATION.

be little or no deviation from the usual diet. But as these rules are applicable in all pestilential times, they must be more strictly adhered to in those, caused by the south winds. The same precautions are necessary for travellers who are about to leave their residences in the sickly season of the year, or when they have arrived in some unhealthy region. But if any circumstance shall prohibit a compliance with all these things, it will be strictly necessary for a person to live abstemiously; and that the transition may be thus:—from wine to water—from this to wine, in that manner which has been directed above.

A. CORN. CELSI

DE MEDICINA

LIBER SECUNDUS.

PROŒMIUM.

INSTANTIS autem adversæ valetudinis signa complura sunt. In quibus explicandis non dubitabo auctoritate antiquorum virorum uti, maximeque Hippocratis; cum recentioris medici quamvis quædam in curationibus mutarint, tamen hæc illum optime præsagisse fateantur. Sed antequam dico, quibus præcedentibus morborum timor subsit; non alienum videtur exponere, quæ tempora anni, quæ tempestatum genera, quæ partes ætatis, qualia corpora maxime tuta vel periculis opportuna sint, quod genus adversæ valetudinis in quoque timeri maxime possit. Non quod non omni tempore, in omni tempestatum

ORDO.

SECUNDUS LIBER

AUR. COR. CELSI

DE MEDICINA.

PROŒMIUM.

AUTEM signa adversæ valetudinis instantis sunt complura. In explicandis quibus non dubitabo uti auctoritate antiquorum virorum, que maxime Hippocratis; cum recentiores medici quamvis mutarint quædam in curationibus, tamen fateantur illum præsagisse hæc optime. Sed antequam dico, quibus præcedentibus timor morborum subsit, non videtur alienum exponere, quæ tempora anni, quæ genera tempestatum, quæ partes ætatis, qualia corpora sint maxime tuta vel maxime opportuna periculis, quod genus adversæ valetudinis possit maxime timeri in quoque. Non quod homines omnis habitus,

TRANSLATION.

THE SECOND BOOK

OF

AURELIUS CORNELIUS CELSUS

ON MEDICINE.

INTRODUCTION.

THERE are many diagnostic signs of an incipient disease. In the explication of which, I shall not hesitate to use the authority of the ancients, and most particularly that of Hippocrates; since the more modern physicians, although they have deviated in the mode of treatment, yet confess that he has delivered the most accurate prognoses from these signs. But before I speak of those precursors, which excite an apprehension of lurking diseases, it may not be improper to explain what seasons of the year, what kinds of weather, what times of life, what constitutions are most safe from, or most susceptible of diseases, and what kinds are most to be feared in each of these. Not but men of all ages and all habits become sick

genere, omnis ætatis, omnis habitus homines, per omnia genera morborum et ægrotent et moriantur: sed quod frequentius tamen quædam eveniant; ideoque utiles it scire unumquemque, quid, et quando maxime caveat.

ORDO.

et omnis ætatis ægrotent et moriuntur per omnia genera morborum, non omni tempore, in omni genere tempestatum. Sed tamen quædam quod eveniant frequentius; que ideo sit utile unum quemque scire, quid maxime caveat, et quando.

TRANSLATION.

in every season, and die in all kinds of diseases; yet some of them happen more frequently than others: and on that account it is useful for every one to know when, and against what, he should be most upon his guard.

CAP. I.

QUÆ ANNI TEMPORA, QUÆ TEMPESTATUM GENERA, QUÆ PARTES ÆTATIS, QUALIA CORPORA VEL TUTA VEL MORBIS OPPORTUNA SINT, ET QUOD VALETUDINIS GENUS IN QUOQUE TIMERI POSSIT.

IGITUR saluberrimum ver est: proxime deinde ab hoc, hiems: periculosior æstas: autumnus longe periculosissimus. Ex tempestatibus vero optimæ æquales sunt, sive frigidæ, sive calidæ: pessimæ, quæ maxime variant. Quo fit, ut autumnus plurimos opprimat. Nam fere meridianis temporibus calor; nocturnis atque matutinis, simulque etiam vespertinis, frigus est. Corpus ergo, et æstate, et subinde meridianis caloribus relaxatum, subito frigore ex-

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CAP. I.

QUÆ TEMPORA ANNI, QUÆ GENERA TEMPESTATUM, QUÆ PARTES ÆTATIS, QUALIA CORPORA SINT OPPORTUNA VEL TUTA VEL MORBIS, ET QUOD GENUS VALETUDINIS POSSIT TIMERI IN QUOQUE.

IGITUR ver est saluberrimum: deinde hiems (est) proxime ab hoc: æstas periculosior, autumnus longe periculosissimus. Vero ex tempestatibus æquales sunt optime, sive frigidæ, sive calidæ: quæ variant maxime (sunt) pessimæ. Quo fit, ut autumnus opprimat plurimos. Nam (est) calor fere meridianis temporibus; atque est frigus (fere) nocturnis, matutinis, que etiam simul vespertinis. Ergo corpus relaxatum et æstate et subinde meridianis caloribus, subito ex-

TRANSLATION.

CHAP. I.

OF THE DIFFERENT SEASONS, WEATHER, AGES, CONSTITUTIONS, AND THE DISEASES PECULIAR TO EACH.

Now the most salubrious season is the spring, next after this, the winter: the summer is more dangerous: but the autumn is by far the most dangerous. But of all seasons, those of equal temperatures are the best, whether cold or hot: the worst are those which vary most. By which it happens, that the autumn carries off the greatest number. For generally the meridian sun is hot; the night and morning, and even the evening too, are cold. Therefore the body being relaxed by the preceding summer, and the frequent meridian heats

cipitur. Sed ut eo tempore id maxime fit, sic quandocumque evenit, noxium est. Ubi æqualitas autem est, tamen saluberrimi sunt sereni dies; meliores pluvii, quam tantum nebulosi, nubilive: optimique hieme, qui omni vento vacant; æstate, quibus Favonii perflant. Si genus aliud ventorum est, salubriores Septemtrionales, quam Subsolani, vel Austri sunt: sic tamen hæc, ut interdum regionum sorte mutentur. Nam fere ventus ubique a mediterraneis regionibus veniens, salubris; a mari, gravis est. Neque solum in bono tempestatum habitu certior valetudo est; sed priores morbi quoque, si qui inciderunt, leviores sunt, et promptius finiuntur. Pessimum ægro cœlum est, quod ægrum fecit; adeo ut in id quoque genus, quod natura pejus est, in hoc statu salubris mutatio sit.

At ætas media tutissima est, quæ neque juventæ calore, neque senectutis frigore infestatur. Longis morbis senectus, acutis adolescentia magis patet. Corpus autem habilissimum quadratum est, neque gracile, neque obesum. Nam longa statura, ut in juventa decora est, sic matura senectute conficitur: gracile corpus infirmum, obesum hebes est. Vere tamen maxime, quæcumque hu-

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cipitur frigore. Sed ut id fit maxime eo tempore, sic quandocumque evenit, est noxium. Autem ubi est æqualitas, tamen sereni dies sunt saluberrimi; pluvii meliores, quam nebulosi tantum, ve nubili: que optimi hieme, qui vacant omni vento; æstate, quibus Favonii perflant. Si est aliud genus ventorum, Septemtrionales sunt salubriores, quam Subsolani, vel Austri: tamen sic, ut interdum hæc mutentur sorte regionum. Nam ubique ventus veniens a mediterraneis regionibus, est fere salubris, a mari, (est fere) gravis. Neque solum est valetudo certior in bono habitu tempestatum; sed quoque priores morbi, si qui inciderunt, sunt leviores, et finiuntur promptius. Cœlum quod fecit ægrum est pessimum ægro, adeo ut quoque, in hoc statu mutatio in id genus, quod est pejus natura, sit salubris.

At media ætas est tutissima, quæ neque infestatur, calore juventæ, neque frigore senectutis. Senectus patet magis longis morbis, adolescentia (patet magis) acutis. Autem habilissimum corpus est quadratum, neque gracile, neque obesum. Nam longa statura, est decora ut in juventa, sic conficitur matura senectute: gracile corpus est infirmum, obesum (est) hebes. Tamen vere quæ-

TRANSLATION.

of autumn, is seized on by sudden cold. But, as it mostly occurs at this season, so whenever it does happen, it is most noxious. When there is an equality of temperature, the serene days are the most salubrious: the rainy are better than those only misty, or cloudy: and in winter those days are best when there is no wind at all; in summer those on which the westerly breezes blow. If the wind be from any other point, the northerly are more salutary than the easterly or southerly: yet these things are so, that they may be changed by the position of countries. For generally a wind coming from an over-land region is salutary every where, one from the sea is pestiferous. Not only is health more certain, in a good state of the temperature, but even former diseases, if any have happened, are lighter, and sooner removed. That air is the most baneful to a patient which has produced his disease; so that in this state a change even to that, which by its nature is worse, may be salutary.

But the middle age is most safe, which is neither endangered by the heat of youth, nor by the frigidity of old age. Old age is more liable to chronic diseases, and youth to acute ones. A square figure, neither too slender nor too fat, is the *most suitable* form to endure the vicissitudes of life. For a tall stature, although it *is graceful in youth*, so it quickly wears out by premature age: a slender body is

moris motu novantur, in metu esse consuerunt. Ergo tum lippitudinis, pustulæ, profusio sanguinis, abscessus corporis, quæ ἀποστήματα Græci nominant, bilis atra, quam μελαγχολίαν appellant, insania, morbus comitialis, angina, gravedines, destillationes oriri solent. Ii quoque morbi, qui in articulis nervisque modo urgent, modo quiescunt, tum maxime et inchoantur et repetunt. At æstas non quidem vacat plerisque his morbis; sed adjicit febres, vel continuas, vel ardentes, vel tertianas, vomitus, alvi dejectiones, auricularum dolores, ulcera oris, cancros, et in ceteris quidem partibus, sed maxime obscœnis; et quidquid sudore hominem resolvit.

Vix quidquam ex his in autumnum non incidit: sed oriuntur quoque eo tempore febres incertæ, lienis dolor, aqua inter cutem, tabes, quam Græci φθίσιν nominant; urinæ difficultas, quam στραγγουρίαν appellant; tenuioris intestini morbus, quem εἰλεὸν nominant; lævitas intestinorum, quæ λειεντερία vocatur; coxæ dolores, morbi comitiales. Idemque tempus et diutinis malis fatigatos, et ab æstate tantum proxima pressos interimit; et alios novis morbis

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cumque novantur motu humoris, consuerunt esse maxime in metu, Tum ergo lippitudines, pustulæ, profusio sanguinis, abscessus corporis, quæ Græci nominant ἀποστήματα (apostemata), atra bilis, quam appellant μελαγχολίαν (melancholia), insania, comitialis morbus, angina, gravedines, destillationes solent oriri. Quoque ii morbi qui modo urgent in articulis que nervis, modo quiescunt, et tum maxime inchoantur et repetunt. At quidem æstas non vacat his plerisque morbis; sed adjicit febres, vel continuas, vel ardentes, vel tertianas, vomitus, dejectiones alvi, dolores auricularum, ulcera oris, cancros, et quidem in ceteris partibus, sed maxime obscœnis; et quidquid resolvit hominem sudore.

Vix quidquam ex his non incidit in autumnum: sed quoque eo tempore incertæ febres oriuntur, dolor lienis, aqua inter cutem, tabes, quam Græci nominant φθίσιν (phthisin); difficultas urinæ, quam appellant στραγγουρίαν (stranguria); morbus tenuioris intestini, quem nominant εἰλεὸν (ileum); lævitas intestinorum, quæ vocatur λειεντερία (lienteria); dolores coxæ, comitiales morbi. Que idem tempus et fatigatos diutinis malis, et pressos ab proxima æstate tantum interimit; et conficit alios novis morbis;

TRANSLATION.

weak, a corpulent dull. Whatever complaints are renewed by the motion of the humours, are generally to be dreaded most in spring. Therefore at that time sore eyes, pustules, hæmorrhages, abscesses of the body, which the Greeks name apostemata, atrabilis, which they call melancholia, insanity, epilepsy, angina, catarrheuma, and colds usually occur. Also those diseases of the joints and nerves, sometimes acute, sometimes chronic; the first are generally begun at this season, and the last are brought into action. But the summer is not altogether free from the most of these diseases mentioned above, but brings an additional train of either ardent or tertian fevers, vomiting, diarrhœa, pains in the ears, ulcers in the mouth, cancers in various parts of the body, but mostly on the privates; and other colliquative complaints which exhaust the frame.

There are scarcely any of these that do not happen in autumn; but there arise also at that time, erratic fevers, pains of the spleen, anasarca, consumption, which the Greeks name phthisis, difficulty of urine, which they term stranguria; a disease of the smaller intestine, which they designate the ileum; dysentery, which they call lienteria; pains of the hips, and epileptic diseases. This season is also fatal to those worn out by protracted maladies, and those so much debilitated by the pre-

conficit; et quosdam longissimis implicat, maximeque quartanis, quæ per hiemem quoque exerceant. Neque aliud magis tempus pestilentiæ patet, cujuscumque ea generis est; quamvis variis rationibus nocet. Hiems autem capitis dolores, tussim, et quidquid in faucibus, in lateribus, in visceribus mali contrahitur, irritat.

Ex tempestibus, Aquilo tussim movet, fauces exasperat, ventrem adstringit, urinam supprimit, horrores excitat, item dolores lateris et pectoris: sanum tamen corpus spissat, et mobilius atque expeditius reddit. Auster aures hebetat, sensus tardat, capitis dolorem movet, alvum solvit, totum corpus efficit hebes, humidum, languidum. Ceteri venti, quo huic vel illi propiores sunt, eo magis vicinos his illisve affectus faciunt. Denique omnis calor et jecur et lienem inflammat, mentem hebetat, ut anima deficiat, ut sanguis prorumpat, efficit. Frigus modo nervorum distentionem, modo rigorem infert; illud σπασμὸς, hoc τέτανος Græce nominatur: nigritiem in ulceribus, horrores in febribus excitat. In siccitatibus, acutæ febres, lippitudines, tormina, urinæ difficultas, articulorum dolores oriuntur. Per imbres, longæ febres, alvi

ORDO.

et implicat quosdam longissimis, que maxime quartanis, quæ exerceant quoque per hiemem. Neque aliud tempus patet magis pestilentiæ cujuscumque generis ea est; quamvis nocet variis rationibus. Autem hiems irritat dolores capitis, tussim, et quidquid mali contrahitur in faucibus, in lateribus, in visceribus.

Ex tempestatibus, Aquilo movet tussim, exasperat fauces, adstringit ventrem, supprimit urinam excitat horrores, item dolores lateris et pectoris: tamen spissat sanum corpus, et reddit mobilius atque expeditius. Auster hebetat aures, tardat sensus, movet dolorem capitis, solvit alvum, efficit totum corpus hebes, humidum, languidum. Cæteri venti, quo sunt propriores huic vel illi, eo faciunt affectus magis vicinos his vel illis. Denique omnis calor inflammat et jecur et lienem, hebetat mentem, efficit, ut anima deficiat, ut sanguis prorumpat. Frigus modo infert distentionem nervorum, modo rigorem; illud nominatur σπασμὸς (spasmus), Græce, hoc τέτανος (tetanus): excitat nigritiem in ulceribus, horrores in febribus. In siccitatibus, acutæ febres, lippitudines, tormina, difficultas urinæ, dolores articulorum oriuntur. Per imbres, longæ febres, dejectiones

TRANSLATION.

ceding summer; it carries off some by new diseases, and involves others in maladies of long continuance, especially quartan fevers, which may maintain their baneful influence even through winter. Neither is there any season more obnoxious to pestilence, of whatever kind that may be, and however various in its mode of assault.

The winter excites pains of the head, cough, and whatever complaints are contracted in the fauces, in the sides, and viscera.

Of the various winds, the north causes a cough, exasperates the fauces, binds the bowels, suppresses the urine, excites shiverings, also pains of the side and chest: but it braces a sound body, and renders it more flexible and active. The south wind affects the hearing, impedes the senses, causes pain of the head, disorders the bowels, and renders the whole frame phlegmatic, moist, and languid. The other winds, in proportion as they may approximate either of these, produce effects the more similar to each of them. In short, all heat inflames both the liver and spleen, hebetates the mind, produces syncope, and hæmorrhages. Cold sometimes causes convulsions, at other times tetanus, the first is called in Greek *spasmos*, the last *tetanos:* it generates sphaceli (1) in ulcers, and shiverings in fevers. In dry weather acute fevers, lippitudines, tormina, dysuria, and pains of the joints arise. During rainy weather, continued fevers, diarrhœas, angina

dejectiones, angina, cancri, morbi comitiales, resolutio nervorum; παράλυσιν Græci nominant. Neque solum interest, quales dies sint, sed etiam quales ante præcesserint. Si hiems sicca Septemtrionales ventos habuit, ver autem Austros et pluvias exhibet, fere subeunt lippitudines, tormina, febres, maximeque in mollioribus corporibus, ideoque præcipue in muliebribus. Si vero Austri pluviæque hiemem occuparunt, ver autem frigidum et siccum est, gravidæ quidem fœminæ, quibus tum adest partus, abortu periclitantur; eæ vero quæ gignunt, imbecillos, vixque vitales edunt: ceteros lippitudo arida, et si seniores sunt, gravedines atque destillationes male habent. At si a prima hieme Austri ad ultimum ver continuarunt, laterum dolores, et insania febricitantium, quam φρένησιν appellant, quam celerrime rapiunt. Ubi vero calor a primo vere orsus æstatem quoque similem exhibet, necesse est multum sudorem in febribus subsequi. At si sicca æstas Aquilones habuit, autumno vero imbres Austrique sunt, tota hieme, quæ proxima est, tussis, destillatio, raucitas, in quibusdam etiam tabes oritur. Sin autem autumnus quoque æque siccus

ORDO.

alvi, angina, cancri, comitiales morbi resolutio nervorum; Græci nominant παράλυσιν (paralysin). Neque interest solum, quales dies sint, sed etiam quales præcesserint ante. Si sicca hiems habuit Septentrionales ventos, autem ver exhibet Austros et pluvias, lippitudines, tormina, febres, fere subeunt, que maxime in mollioribus corporibus, que ideo præcipue in mulieribus. Vero si Austri que pluviæ occuparunt hiemem, autem ver est frigidum et siccum, quidem gravidæ fœminæ, quibus partus tum adest, periclitantur abortu; vero eæ quæ gignunt, edunt imbecillos, que vix vitales: arida lippitudo ceteros, et si sunt seniores, habent male gravedines atque destillationes. At si Austri continuarunt a prima hieme ad ultimum ver, dolores laterum, et insania febricitantium, quam appellant φρένησιν (phrenesin), rapiunt quam celerrime. Vero ubi calor orsus a primo vere quoque exhibet similem æstatem, est necesse multum sudorem subsequi in febribus. At si sicca æstas habuit Aquilones, vero sunt imbres que Austri autumno, tota hieme, quæ est proxima, tussis, destillatio, raucitas, etiam in quibusdam tabes oritur. Autem sin autumnus quoque æque siccus perflatur

TRANSLATION.

scirrhus, epilepsies, relaxation of the nerves, which the Greeks name paralysis. Neither is the present weather alone to be considered, but also what kind has preceded for some time. If a dry winter has been attended by northerly winds, and the spring with southerly winds and rain, then follow blear eyes, dysenteries, and fevers, particularly in delicate persons, and on that account females are more susceptible. But if southerly winds and rains have prevailed in the winter, and the spring be cold and dry, then indeed, pregnant women whose time is near, are in danger of abortion; and those who complete the time of gestation, bring forth such delicate infants as are not likely to live: others again are seized with arid ophthalmia, and if they be old, with malignant catarrhs. But if the south winds have continued from the beginning of winter to the end of spring, then pains in the side, and febrile diseases accompanied with delirium, called phrenitis (2), carry off with great rapidity. But when the heat begins with the spring, and continues through the summer, great perspiration in fever necessarily follows. But if a north wind have prevailed through a dry summer, and the autumn with rains, and southerly winds, all the following winter we shall find coughs, catarrhs, hoarseness, and in some even consumption. But if the autumn too, be equally dry, and the same northerly

iisdem Aquilonibus perflatur, omnibus quidem mollioribus corporibus, inter quæ muliebria esse proposui, secunda valetudo contingit: durioribus vero instare possunt, et aridæ lippitudines, et febres partim acutæ, partim longæ; et ii morbi, qui ex atra bile nascuntur. Quod ad ætates vero pertinet, pueri proximique his vere optime valent, et æstate prima tutissimi sunt: senes æstate et autumni prima parte: juvenes hieme, quique inter juventam senectutemque sunt. Inimicior senibus hiems, æstas adolescentibus est.

Tum si qua imbecillitas oritur, proximum est ut infantes, tenerosque adhuc pueros serpentia ulcera oris, quæ ἄφθας Græci nominant, vomitus, nocturnæ vigiliæ, aurium humor, circa umbilicum inflammationes exerceant. Propriæ etiam dentientium, gingivarum, exulcerationes, distentiones nervorum, febriculæ, alvi dejectiones; maximeque caninis dentibus orientibus male habent. Quæ pericula plenissimi cujusque sunt, et cui maxime venter adstrictus est. At ubi ætas paulum processit, glandulæ, et vertebrarum, quæ in spina sunt, aliquæ inclinationes, strumæ, verrucarum quædam genera dolentia, ἀκροχορδόνας Græci appellant, et plura alia tubercula oriuntur. Inci-

ORDO.

iisdem Aquilonibus, secunda valetudo contingit omnibus mollioribus corporibus quidem, inter quæ proposui mulieria esse: vero durioribus et aridæ lippitudines, et febres partim acutæ, partim longæ possunt instare; et ii morbi, qui nascuntur ex atra bile. Vero quod pertinet ad ætates, pueri que proximi his valent optime vere, et sunt tutissimi prima æstate; senes (valent) optime æstate et prima parte autumni: juvenes, que qui sunt inter juventam que senectutem hieme. Hiems est inimicior senibus, æstas (est inimicior) adolescentibus.

Tum si qua imbecillitas oritur, est proximum, ut serpentia ulcera oris, quæ Græci nominant ἄφθας (aphthæ), vomitus, nocturnæ vigiliæ, humor aurium, inflammationes circa umbilicum exerceant infantes, que pueros adhuc teneros. Etiam exulcerationes gingivarum, propriæ dentientium, distentiones nervorum, febriculæ, dejectiones alvi; que habent male maxime caninis dentibus orientibus. Quæ pericula sunt cujusque plenissimi, et cui venter est adstrictus maxime. At ubi ætas processerit paulum, glandulæ, et aliquæ inclinationes vertebrarum, quæ sunt in spina, strumæ quædam dolentia genera verrucarum, Græci appellant ἀκροχορδόνας (acrochordonæ), et plura alia tubercula ori-

TRANSLATION.

winds blow, all the more delicate subjects, amongst whom I have placed females, enjoy a good state of health: but for the more hardy, they may be troubled with arid ophthalmia, acute or chronic fevers, and atrabilious complaints.

As to the different ages, children and those a little more advanced, are most healthy in spring and in the beginning of summer; elderly persons in summer, and the first part of autumn; young and middle aged in winter. The winter is more inimical to old age, the summer to youth.

Then, if there should be any debility, infants and those of a tender age are liable to have spreading ulcers of the mouth, which the Greeks call aphthæ; vomiting, nightly vigilance, running of the ears, and inflammations about the umbilicus. The diseases peculiar to dentition, are ulcerations of the gums, convulsions, slight fevers, purgings; particularly while the canine teeth are coming through; and which are more dangerous to those of a very full habit and costive bowels.

But when they have advanced a little in age, glandular tumours, spinal curvatures, struma, some painful kinds of warts, which the Greeks call acrochordonas, and many other little swellings arise. But about the age of puberty, many of these

piente vero jam pube, ex iisdem multa, et longæ febres, et sanguinis ex naribus cursus. Maximeque omnis pueritia, primum circa quadragesimum diem, deinde septimo mense, tum septimo anno, postea circa pubertatem periclitatur. Siqua etiam genera morborum in infantem inciderunt, ac neque pubertate, neque primis coitibus, neque in fœmina primis menstruis finita sunt, fere longa sunt: sæpius tamen morbi pueriles, qui diutius manserunt, terminantur.

Adolescentia morbis acutis; item comitialibus, tabique maxime objecta est: fereque juvenes sunt, qui sanguinem exspuunt. Post hanc ætatem laterum et pulmonis dolores, lethargus, cholera, insania, sanguinis per quædam velut ora venarum, αἱμορροΐδας Græci appellant, profusio. In senectute, spiritus et urinæ difficultas, gravedo, articulorum et renum dolores, nervorum resolutiones, malus corporis habitus, καχεξίαν Græci appellant, nocturnæ vigiliæ, vitia longiora aurium, oculorum, etiam narium, præcipueque soluta alvus, et, quæ sequuntur hanc, tormina, vel lævitas intestinorum, ceteraque ventris fusi mala. Præter hæc graciles,

ORDO.

untur. Vero pube jam incipiente, multa exiisdem, et longæ febres, et cursus sanguinis ex naribus. Que omnis pueritia periclitatur maxime, primum circa quadragesimum diem, deinde septimo mense, tum septimo anno, postea circa pubertatem. Etiam si qua genera morborum inciderunt in infantem, ac neque sunt finita pubertate, neque primis coitibus, neque primis menstruis in fœmina, sunt fere longa: tamen sæpius pueriles morbi, qui manserunt diutius, terminantur.

Adolescentia est objecta maxime acutis morbis; item comitialibus (morbis), que tabi: que qui exspuunt sanguinem, sunt fere juvenes. Post hanc ætatem (est objecta maxime) dolores laterum et pulmonis, lethargus, cholera, insania, profusio sanguinis per quædam velut ora venarum, Græci appellant αἱμορροΐδας (hæmorrhoidas). In senectute, (est objecta maxime) difficultas spiritus et urinæ, gravedo, dolores articulorum et renum, resolutiones nervorum, malus habitus corporis Græci appellant καχεξίαν (cachexia), nocturnæ vigiliæ, longiora vitia aurium, oculorum, etiam narium, que præcipue soluta alvus, et quæ sequuntur hanc, tormina, vel lævitas intestinorum, que cetera mala fusi ventris. Præter hæc tabes, de-

TRANSLATION.

occur, with long fevers, and hemorrhage from the nose. All children are in most danger about the fortieth day, then the seventh month, then the seventh year, afterwards at the time of puberty. Therefore if any species of disease arise in infancy, and are neither terminated by puberty, nor by their first sexual intercourse, nor in women by their first menstruation, they generally continue long: yet very frequently diseases incident to youth, which have remained very long, have been removed at that period.

The period of youth is most exposed to acute diseases, epilepsy, and consumption; and they are for the most part young men who spit blood. After this age, they will be subject to pleuritic, pulmonic, and lethargic diseases, also cholera, madness, discharges of blood from certain orifices of veins, which the Greeks term Hæmorrhoidas. In old age dyspnœa, dysuria, gravedo, arthritic and nephralgic pains, paralysis, bad habit of body, called by the Greeks cachexia, nightly watchings, chronic diseases of the ears, eyes, nose, and especially alvine disorders with their usual concomitants, tormina, lienteria, and the whole sequelæ incident to that malady.

Besides these, the slender built frame is worn down by consumption, diarrhœa, catarrhs, and also by visceral and pleuritic diseases. The corpulent are generally

tabes, dejectiones, destillationes; item viscerum et laterum dolores fatigant. Obesi plerumque acutis morbis, et difficultate spirandi strangulantur: subitoque sæpe moriuntur; quod in corpore tenuiore vix evenit.

ORDO.

jectiones, destillationes, item dolores viscerum et laterum fatigant graciles. Obesi plerumque strangulantur acutis morbis, et difficultate spirandi: que sæpe moriuntur subito; quod vix evenit in tenuiore corpore.

TRANSLATION.

oppressed with acute diseases and with difficulty of breathing; and often die suddenly, which rarely happens in a more slender body.

CAP. II.

DE SIGNIS ADVERSÆ VALETUDINIS FUTURÆ.

ANTE adversam autem valetudinem, ut supra dixi, quædam notæ oriuntur; quarum omnium commune est, aliter se corpus habere, atque consuevit; neque in pejus tantum, sed etiam in melius. Ergo si plenior aliquis, et speciosior, et coloratior factus est, suspecta habere bona sua debet; quæ, quia neque in eodem habitu subsistere, neque ultra progredi possunt, fere retro, quasi ruina quadam, revolvuntur. Pejus tamen signum est, ubi aliquis contra consuetudinem emacuit, et colorem decoremque amisit: quoniam in iis quæ superant,

ORDO.

CAP. II.

DE SIGNIS FUTURÆ ADVERSÆ VALETUDINIS.

AUTEM, ut supra dixi, ante adversam valetudinem, quædam notæ oriuntur; atque consuevit, omnium quarum est commune, corpus habere se aliter; neque tantum in pejus, sed etiam in melius. Ergo si aliquis est factus plenior, et speciosior, et coloratior, debet habere sua bona suspecta; quæ, quia possunt neque subsistere in eodem habitu, neque progredi ultra, fere revolvuntur retro, quasi quadam ruina. Tamen signum est pejus, ubi aliquis emacuit contra consuetudinem, et amisit colorem que decorem: quoniam in iis quæ superant, est quod morbus

TRANSLATION.

CHAP. II.

THE PROGNOSTICS OF DISEASE.

BUT before an illness, (as I have said above,) certain precursors make their appearance; all of which have this in common, that some unusual aberrations, either organic or functional, have taken place in the body: not only for the worse, but sometimes for the better. Therefore, if a person have become more full, better-looking, and of a more florid complexion, he ought to look upon his improved appearance with distrust: for these things can neither remain stationary in the same habit, nor progress further, but are too often hurled back upon themselves with a retrograde revulsion of nature, carrying devastation and ruin in their train.

Yet, it is a worse sign when a person has become emaciated, contrary to his natural habit, and has lost his colour and comeliness; because, in those things which

est quod morbus demat; in iis quæ desunt, non est quod ipsum morbum ferat. Præter hæc protinus timeri debet, si graviora membra sunt; si crebra ulcera oriuntur; si corpus supra consuetudinem incaluit; si gravior somnus pressit; si tumultuosa somnia fuerunt; si sæpius expergiscitur aliquis, quam assuevit, deinde iterum soporatur; si corpus dormientis circa partes aliquas contra consuetudinem insudat, maximeque si circa pectus, aut cervices, aut crura, vel genua, vel coxas. Item, si marcet animus; si loqui et moveri piget; si corpus torpet; si dolor præcordiorum est, aut totius pectoris, aut, qui in plurimis evenit, capitis; si salivæ plenum est os; si oculi cum dolore vertuntur; si tempora adstricta sunt; si membra inhorrescunt; si spiritus gravior est; si circa frontem intentæ venæ moventur; si frequentes oscitationes; si genua quasi fatigata sunt, totumve corpus lassitudinem sentit. Ex quibus sæpe plura, numquam non aliqua febrem antecedunt. In primis tamen illud considerandum est, num cui sæpius horum aliquid eveniat, neque ideo corporis ulla difficultas subsequatur. Sunt enim quædam proprietates hominum, sine

ORDO.

demat; in iis quæ desunt, non est quod ferat morbum ipsum. Præter hæc debet timeri protinus, si membra sunt graviora; si crebra ulcera oriuntur; si corpus incaluit supra consuetudinem; si gravior somnus pressit; si somnia fuerunt tumultuosa; si aliquis expergiscitur sæpius, quam assuevit, deinde soporatur iterum; si corpus dormientis insudat circa aliquas partes contra consuetudinem, que maxime si circa pectus, aut cervices, aut crura, vel genua, vel coxas. Item, si marcet animus; si piget loqui et moveri; si corpus torpet; si est dolor præcordiorum, aut totius pectoris, aut capitis, qui evenit in plurimis; si os est plenum salivæ; si oculi vertuntur cum dolore; si tempora sunt adstricta; si membra inhorrescunt; si spiritus est gravior; si intentæ venæ circa frontem moventur; si (sunt) frequentes oscitationes: si genua sunt quasi fatigata, vel totum corpus sentit lassitudinem. Plura ex quibus sæpe, aliqua nunquam non antecedunt febrem. Tamen illud est considerandum in primis, num aliquid horum sæpius eveniat cui, neque ideo ulla difficultas corporis subsequatur. Enim sunt quædam proprietates hominum, sine

TRANSLATION.

are superabundant, there is that on which a disease may exhaust its virulence; but in those which are deficient, there is not enough to resist the disease itself.

Besides these things, it ought to excite immediate fear if the limbs are very heavy; if frequent ulcers break out; if the body has become unusually warm; if much oppressed by sleep; if the dreams have been tumultuous; if a person awakes oftener than usual, and afterwards goes to sleep again; if a sleeping person perspires in some parts contrary to custom, especially about the chest, neck, legs, knees, or hips. Also, if the mind is dejected; if there be a reluctance of speech and motion; if the body be torpid; if there be pain about the præcordia, or of the whole chest, or which happens in most, the head; if the mouth be filled with saliva; if the eyes be turned with pain; if the temples feel as if they were bound; if the limbs shiver; if the breathing be oppressed; if the temporal arteries are dilated and beat forcibly; if there be frequent yawnings; if the knees feel wearied, or the whole body be in a state of lassitude.

Fever is often preceded by many of these harbingers, but never without some of them. We must consider, in the first place, whether any of these signs may happen to a person without any subsequent inconvenience arising from them. For there are some peculiarities of habit in men, without a knowledge of which it

quarum notitia non facile quidquam in futurum præsagiri potest. Facile itaque securus est in iis aliquis, quæ sæpe sine periculo evasit: ille solicitari debet, cui hæc nova sunt; aut qui ista numquam sine custodia sui tuta habuit.

ORDO.

notitia quarum, quidquam non potest facile præsagiri in futurum. Que ita aliquis est facile securus in iis, quæ sæpe evasit sine periculo: ille debet solicitari, cui hæc sunt nova; aut qui numquam habuit tuta custodia sui sine ista.

TRANSLATION.

will be impossible to obtain any accurate diagnosis. Therefore, a person is easily tranquillized about these things who has often escaped without danger; he only ought to be solicitous to whom these signs are new, or who has never had them without those safeguards over himself.

CAP. III.

QUÆ BONA IN ÆGROTANTIBUS SIGNA SINT.

Ubi vero febris aliquem occupavit, scire licet, non periclitari, si in latus aut dextrum aut sinistrum, ut ipsi visum est, cubat, cruribus paulum reductis; qui fere sani quoque jacentis habitus est; si facile convertitur; si noctu dormit, interdiu vigilat; si ex facili spirat; si non conflictatur; si circa umbilicum et pubem cutis plena est; si præcordia ejus sine ullo sensu doloris æqualiter mollia in utraque parte sunt. Quod si paulo tumidiora sunt, sed tamen digitis cedunt et non dolent, hæc

ORDO.

CAP. III.

QUÆ SINT BONA SIGNA IN ÆGROTANTIBUS.

Vero ubi febris occupavit aliquem, licet scire, non periclitari, si cubat aut in dextrum aut sinistrum latus, ut est visum ipsi, cruribus paulum reductis, qui quoque est fere habitus sani jacentis; si convertitur facile; si dormit noctu, vigilat interdiu; si spirat ex facili; si non conflictatur; si cutis est plena circa umbilicum et pubem; si præcordia ejus sunt sine ullo sensu doloris, æqualiter mollia in utraque parte. Quod si sunt paulo tumidiora, sed tamen cedunt digitis et non dolent, sic hæc ha-

TRANSLATION.

CHAP. III.

WHAT MAY BE CONSIDERED GOOD SYMPTOMS IN SICK PEOPLE.

But when a person is seized with fever, we may know that he is not in danger if he lies upon either the right or left side, as may seem best to himself, with his legs drawn up a little, which is generally the posture of a healthy person in bed: if he turns himself with ease; if he sleeps in the night time, and wakes in the day; if he breathes easily; if he does not struggle; if the skin be full (3) about the umbilicus and pubes; if the præcordia be equally soft on both sides without any sense of pain; or if they are a little swollen, yet yield to the impression of the fingers, and are not

valetudo, ut spatium aliquod habebit, sic tuta erit. Corpus quoque, quod æqualiter molle et calidum est, quodque æqualiter totum insudat, et cujus febricula eo sudore finitur, securitatem pollicetur. Sternutamentum etiam inter bona indicia est, et cupiditas cibi vel a primo servata, vel etiam post fastidium orta. Neque terrere debet ea febris, quæ eodem die finita est; ac ne ea quidem, quæ quamvis longiore tempore evanuit, tamen ante alteram accessionem ex toto quievit, sic ut corpus integrum, quod εἰλικρινὲς Græci vocant, fieret. Si quis autem incidit vomitus, mistus esse et bile et pituita debet: et in urina subsidere album, læve, æquale; sic ut etiam, si quæ quasi nebeculæ innatarint, in imum deferantur. At venter ei, qui a periculo tutus est, reddit mollia, figurata, atque eodem fere tempore, quo secunda valetudine assuevit, modo convenientia iis, quæ assumuntur. Pejor cita alvus est; sed ne hæc quidem terrere protinus debet, si matutinis temporibus coacta magis est, aut si procedente tempore paulatim contrahitur, et rufa est, neque fœditate odoris similem alvum sani hominis excedit. Ac

ORDO.

bebit, ut valetudo erit tuta aliquod spatium. Quoque corpus, quod est æqualiter molle et calidum, que quod insudat totum æqualiter, et febricula cujus finitur eo sudore, pollicetur securitatem. Sternutamentum est etiam inter bona indicia, et cupiditas cibi vel servata a primo, vel etiam orta post fastidium. Neque debet ea febris terrere, quæ est finita eodem die; ac ne quidem ea, quæ quamvis evanuit longiore tempore, tamen quievit ex toto ante alteram accessionem, sic ut corpus fieret integrum, quod Græci vocant εἰλικρινὲς (eilikrines). Autem si quis vomitus incidit, debet esse mistus et bile et pituita: et album subsidere in urina, læve, æquale; sic ut etiam si quæ quasi nubeculæ innatarint, deferantur in imum. At ei, qui est tutus a periculo, venter reddit mollia, figurata, atque fere eodem tempore, quo assuevit secunda valetudine, modo convenientia iis, quæ assumuntur. Cita alvus est pejor; sed ne quidem hæc debet terrere protinus, si est magis coacta matutinis temporibus, aut si contrahitur paulatim procedente tempore, et est rufa, neque excedit similem alvum sani hominis fœditate odoris. Ac

TRANSLATION.

in pain; as this malady will have some duration, yet not dangerous. A body which is equally soft and warm, and perspires all over, and the slight fever is carried off by that sweat, promises returning health. Also sneezing is a favourable symptom, either retained from the beginning, or having arisen after nausea.

Nor ought that fever to terrify which terminates in one day; nor even that which, although it has disappeared in a longer time, yet entirely remitted before another accession, so that the body in the mean time might become sound; which the Greeks call eilikrines.

But if any vomiting happens, it ought to be mixed with bile and phlegm; and a white, smooth, equal sediment, ought to subside in the urine; so that, if there should be any supernatant flocculi, it may deposit at the bottom. And his bowels, who is out of danger, voids soft, figured motions (4); and evacuated, for the most part, about the same time in which he has been accustomed to in health, and in quantity proportioned to the nourishment taken.

A frequency of stools is worse; but even this ought not to be considered immediately dangerous if it be of a better consistence in the morning, or, as time advances, becomes harder by degrees, and is inclined to be reddish, nor exceed in fœtor a like motion of a healthy man. And there is nothing injurious in passing

lumbricos quoque aliquos sub fine morbi descendisse, nihil nocet. Si inflatio in superioribus partibus dolorem tumoremque fecit, bonum signum est sonus ventris inde ad inferiores partes evolutus; magisque etiam, si sine difficultate, cum stercore excessit.

ORDO.

aliquos lumbricos quoque descendisse sub fine morbi, nocet nihil. Si inflatio fecit dolorem que tumorem in superioribus partibus, sonus evolutus ad inferiores partes ventris est bonum signum; que etiam magis, si excessit sine difficultate, cum stercore.

TRANSLATION.

some worms at the termination of the disease. If flatus have produced a pain and swelling in the superior parts, and the borborygmus has evolved thence downwards to the inferior parts, it is a favourable sign; and the more so, if it has passed out with the fæces without difficulty.

CAP. IV.

MALA SIGNA ÆGROTANTIUM.

CONTRA gravis morbi periculum est, ubi supinus æger jacet, porrectis manibus et cruribus; ubi residere vult in ipso acuti morbi impetu, præcipueque pulmonibus laborantibus; ubi nocturna vigilia premitur, etiamsi interdiu somnus accedit; ex quo tamen pejor est, qui inter quartam horam et noctem est, quam qui matutino tempore ad quartam. Pessimum tamen est, si somnus neque noctu, neque interdiu accedit: id enim fere sine continuo dolore esse non potest. Æque vero signum malum est etiam somno ultra debitum urgeri; pejusque, quo magis se sopor interdiu, noctuque continuat.

ORDO.

CAP. IV.

MALA SIGNA ÆGROTANTIUM.

CONTRA est periculum gravis morbi, ubi æger jacet supinus, manibus et cruribus porrectis; ubi vult residere in impetu ipso acuti morbi, que præcipue pulmonibus laborantibus; ubi premitur nocturna vigilia, etiamsi somnus accedit interdiu; ex quo tamen (is) est pejor, qui est inter quartam et noctem, quam qui (est) matutino tempore ad quartam. Tamen est pessimum, si somnus accedit neque noctu, neque interdiu: enim id non potest esse fere sine continuo dolore. Vero etiam urgeri somno ultra debitum est æque malum signum; que pejus, quo magis sopor continuat se interdiu, que

TRANSLATION.

CHAP. IV.

UNFAVOURABLE SYMPTOMS OF THE SICK.

ON the other hand, there is a danger of severe illness when the sick person lies supine, with his arms and legs extended; when he wishes to sit erect in the acmè itself of an acute disease, and especially in peripneumonia; when he is distressed with nightly watching, even although he sleep in the day time; of which that sleep is worst betwixt the fourth hour (5) and night, than that which is from the morning to the same hour. Yet it is the worst of all, if he neither sleep by night nor by day; for that can scarcely be, without continual delirium. But it is also an equally bad sign to be oppressed by sleep beyond the due time; and the worse, in proportion as the sleep during the day extends itself to that of night. It is also a sign of

Mali etiam morbi testimonium est, vehementer et crebro spirare; a sexto die cœpisse inhorrescere; pus exspuere; vix exscreare; dolorem habere continuum; difficulter ferre morbum; jactare brachia et crura; sine voluntate lacrimare; habere humorem glutinosum dentibus inhærentem; cutem circa umbilicum et pubem macram; præcordia inflammata, dolentia, dura, tumida, intenta, magisque, si hæc dextra parte quam sinistra sunt; periculosissimum tamen est, si venæ quoque ibi vehementer agitantur.

Mali etiam morbi signum est, nimis celeriter emacrescere; caput et pedes manusque frigidas habere, ventre et lateribus calentibus; aut frigidas extremas partes acuto morbo urgente; aut post sudorem inhorrescere; aut post vomitum singultum esse, vel rubere oculos; aut post cupiditatem cibi, postve longas febres hunc fastidire; aut multum sudare, maximeque frigido sudore; aut habere sudores non per totum corpus æquales, quique febrem non finiant; et eas febres, quæ quotidie tempore eodem revertantur; quæve semper pares accessiones habeant, neque tertio quoque die leventur; quæve sic continuent, ut per accessiones

ORDO.

noctu. Etiam spirare vehementer et crebro, est testimonium mali morbi; cœpisse inhorrescere a sexto die; exspuere pus; exscreare vix; habere continuum dolorem; ferre morbum difficulter; jactare brachia et crura; lacrimare sine voluntate; habere glutinosum humorem inhærentem dentibus; cutem macram circa umbilicum et pubem; præcordia inflammata, dolentia, dura, tumida, intenta, que magis si hæc sunt dextra parte quam sinistra; tamen est periculosissimum, si quoque venæ agitantur vehementer ibi.

Etiam emacrescere nimis celeriter, est signum mali morbi; habere caput et pedes que manus frigidas, ventre et lateribus calentibus; aut acuto morbo urgente, extremas partes (esse) frigidas; aut inhorrescere post sudorem; aut esse singultum post vomitum, vel oculos rubere; aut hunc fastidire post cupiditatem cibi, vel post longas febres; aut sudare multum, que maxime frigido sudore; aut habere sudores non æquales per totum corpus, que qui non finiant febrem; et eas febres, quæ quotidie revertantur eodem tempore; vel quæ semper habeant pares accessiones; neque quoque leventur tertio die; vel quæ sic continuent, ut increscant per accessiones, tan-

TRANSLATION.

a bad disease to breathe rapidly and with vehemence; for shiverings to come on after the sixth day; to expectorate pus, and that with difficulty; to have constant pain; to be much distressed with the disease; to toss the arms and legs about; to weep involuntarily; to have a glutinous sordes adherent to the teeth; for the skin about the umbilicus and pubes to be emaciated; the præcordia inflamed, painful, hard, swollen, tense; and more so, if these symptoms be more on the right side than on the left; but the danger is still more increased, if the pulsation of the arteries there be violent.

Again, it is the indication of a bad disease to become suddenly emaciated; to have the head, hands, and feet cold, the abdomen and sides being hot; or to have the extremities cold, under the influence of an acute disease; or to shiver after a sweat; or to have the hiccough after a vomit; or the eyes to be red; or after having a desire for food, or after long fevers, to loath this; to perspire much, and especially cold sweats; or to have perspiration partially diffused over the body, which does not dissipate the fever; and those fevers which return daily at the same time; or those that have paroxysms equally violent, and which do not remit every third day; or those that continue, so as to increase in their paroxysms, and only remit in their

increscant, per decessiones tantum molliantur, nec umquam integrum corpus dimittant. Pessimum est, si ne levatur quidem febris, sed æque concitata continuat. Periculosum est etiam, post arquatum morbum febrem oriri; utique si præcordia dextra parte dura manserunt. Ac dolentibus iis, nulla acuta febris leviter terrere nos debet; neque umquam in acuta febre, aut a somno non est terribilis nervorum distentio.

Timere etiam ex somno, mali morbi est; itemque in prima febre protinus mentem esse turbatam, membrumve aliquod esse resolutum. Ex quo casu quamvis vita redditur, tamen id fere membrum debilitatur. Vomitus etiam periculosus est sinceræ pituitæ, vel bilis; pejorque, si viridis, aut niger est. At mala urina est, in qua subsidunt subrubra et lævia: deterior, in qua quasi folia quædam tenuia atque alba: pessima ex his, si tamquam ex furfuribus factas nubeculas repræsentat. Diluta quoque, atque alba, vitiosa est, sed in phreneticis maxime. Alvus autem mala est, ex toto suppressa. Periculosa etiam, quæ inter febres fluens conquiescere hominem in cubili non patitur; utique, si quod descendit, est perliquidum, aut albidum, aut pallidum, aut spumans.

ORDO.

tum molliantur per decessiones, nec umquam dimittant integrum corpus. Est pessimum, si quidem febris ne levatur, sed continuat æque concitata. Est etiam periculosum, febrem oriri post arquatum morbum; utique si dextra præcordia manserunt dura parte. Ac iis dolentibus, nulla acuta febris debet terrere nos leviter; aut neque umquam in acuta febre, non est distentio nervorum a somno terribilis.

Etiam timere ex somno, est (signum) mali; que item mentem esse turbatam, vel membrum esse aliquod resolutum protinus in prima febre. Ex quo casu quamvis vita redditur, tamen id membrum fere debilitatur. Etiam vomitus sinceræ pituitæ, vel bilis est periculosis; que pejor, si est viridis, aut niger. At urina est mala, in qua subrubra et lævia subsidunt: deterior, in qua quasi quædam tenuia atque alba folia: ex his (est) pessima, si tamquam repræsentat nubeculas factas ex furfuribus. Quoque diluta, atque alba, est vitiosa, sed maxime in phreneticis. Autem alvus suppressa ex toto, est mala. (Est) etiam periculosa, quæ fluens inter febres, non patitur hominem conquiescere in cubili; utique, si quod descendit, est perliquidum, aut albidum, aut pallidum, aut spumans. Præter

TRANSLATION.

intervals, but never leave the body free from the disease. It is the worst sign of all, if the fever be not alleviated, but continue equally violent. It is dangerous also for fever to come on after jaundice (6), particularly if the præcordia have remained hard on the right side. Also, if attended with pain there, every acute fever ought to terrify us a little; and always in such a fever, or after sleep, convulsions are terrible.

Also, to start with fear out of sleep is a bad omen; and also for the mind to be disturbed in the beginning of a fever, or a limb to become paralysed. In which case, although the life be saved, yet too often that limb remains debilitated. Also vomiting of pure phlegm, or bile, is dangerous; and it is worse, if it be green or black. That urine is bad, in which a reddish, smooth sediment subsides; and that is worse, in which there are, as it were, little white leaves; but the worst of all, which represents little clouds as if composed of bran. Thin and white urine is also diseased, but mostly in phrenetic patients. It is bad to have the bowels entirely constipated. So is that continual purging during fevers, which does not permit the patient to remain in bed; especially if the alvine excretions be very liquid, or whitish, or pale, or frothy.

Præter hæc periculum ostendit id, quod excernitur, si est exiguum, glutinosum, læve, album, idemque subpallidum: vel si est aut lividum, aut biliosum, aut cruentum, aut pejoris odoris, quam ex consuetudine. Malum est etiam, quod post longas febres sincerum est.

ORDO.

hæc id quod excernitur, ostendit periculum, si est exiguum, glutinosum, læve, album, que idem subpallidum: vel si est aut lividum, aut biliosum, aut cruentum, aut pejoris odoris, quam ex consuetudine. Est etiam malum, quod est sincerum post longas febres.

TRANSLATION.

Besides these, that which is excreted denotes danger, if it be small in quantity, glutinous, smooth, white, and the same rather pale; or if they be either livid, or bilious, or bloody, or of a more fœtid odour than common. That discharge is also bad, which is unmixed with fæcal matter after long fevers.

CAP. V.

DE SIGNIS LONGÆ VALETUDINIS.

Post hæc indicia, votum est longum morbum fieri: sic enim necesse est, nisi occidit. Neque vitæ alia spes in magnis malis est, quam ut impetum morbi trahendo aliquis effugiat, porrigaturque in id tempus, quod curationi locum præstet.

Protinus tamen signa quædam sunt, ex quibus colligere possumus, morbum, etsi non interemerit, longius tamen tempus habiturum: ubi frigidus sudor inter febres non acutas circa caput tantum, et cervices oritur; aut ubi, febre non quiescente, corpus insudat; aut ubi corpus modo frigidum, modo

ORDO.

CAP. V.

DE SIGNIS LONGÆ VALETUDINIS.

Post hæc indicia, votum est morbum fieri longum: enim sic est necesse, nisi occidit. Neque est alia spes vitæ in magnis malis, quam ut aliquis effugiat impetum morbi trahendo, que porrigatur in id tempus, quod præstet locum curationi.

Tamen protinus sunt quædam signa, ex quibus possumus colligere morbum, etsi non interemerit, tamen habiturum longius tempus: ubi frigidus sudor oritur circa caput et cervices tantum inter febres non acutas; aut ubi corpus insudat febre non quiescente; aut ubi corpus est modo

TRANSLATION.

CHAP. V.

THE SYMPTOMS OF A PROTRACTED ILLNESS.

After these indications, it is desirable(7) that the disease may be of some duration, for it is necessary, unless the patient die. Nor is there any other hope of life in formidable diseases, than to aid the escape of the sufferer by eluding the violence of the disease, and thus extending the time sufficiently, in order to afford an opportunity of treatment.

Yet there are some immediate signs by which we are able to prognosticate that a disease, although not mortal, will have a very long time. For instance, when a cold sweat arises in chronic fevers about the head and neck only; or when the body perspires without a remission of the fever; or when the body is now cold,

calidum est, et color alius ex alio fit; aut ubi, quod inter febres aliqua parte abscessit, ad sanitatem non pervenit; aut ubi æger pro spatio parum emacrescit: item, si urina modo liquida et pura est, modo habet quædam subsidentia; si lævia atque alba rubrave sunt, quæ in ea subsidunt; aut si quasdam quasi miculas repræsentat; aut si bullulas excitat.

ORDO.

frigidum, modo calidum, et alius color fit ex alio; aut ubi, quod abscessit aliqua parte inter febres, non pervenit ad sanitatem; aut ubi æger emacrescit parum pro spatio: item, si urina est modo liquida et pura, modo habet quædam subsidentia; si sunt lævia atque alba vel rubra, quæ subsidunt in ea; aut si repræsentat quasdam quasi miculas; aut si excitat bullulas.

TRANSLATION.

again hot; and the complexion now, is made to give place to another again; or when some unhealthy abscess has suppurated in fevers; or when the patient is but little emaciated in proportion to the time; also, if the urine be at one time liquid and clear, at another time to have deposits in it: if the precipitate be smooth and white, or red; or if it present a flocculent appearance; or if it excite air bubbles.

CAP. VI.

DE INDICIIS MORTIS.

Sed inter hæc quidem, proposito metu, spes tamen superest. Ad ultima vero jam ventum esse testantur, nares acutæ, collapsa tempora, oculi concavi, frigidæ languidæque aures et imis partibus leniter versæ, cutis circa frontem dura et intenta, color aut niger aut perpallidus; multoque magis, si ita hæc sunt, ut neque vigilia præcesserit, neque ventris resolutio, neque inedia. Ex quibus causis interdum hæc species oritur, sed

ORDO.

CAP. VI.

DE INDICIIS MORTIS.

Sed quidem inter hæc, metu proposito, tam spes superest. Vero acutæ nares, collapsa tempora, concavi oculi, frigidæ que languidæ aures et leniter versæ imis partibus, cutis circa frontem intenta et dura, color aut niger aut perpallidus testantur jam esse ventum ad ultima; que multo magis, si hæc sunt ita, ut neque vigilia præcesserit, neque resolutio ventris, neque inedia. Ex quibus causis hæc species interdum oritur, sed finitur uno

TRANSLATION.

CHAP. VI.

THE HARBINGERS OF DEATH.

Now danger being announced, indeed, by the preceding signs, yet still there is hope. But the following precursors proclaim aloud, that the *ultimatum* is now at hand; when the nostrils are acute, the temples collapsed, the eyes hollow, the ears cold and languid, and slightly inverted at their extremities, the skin about the forehead hard and tense, the complexion dark or ghastly pale, and much more so, if these symptoms have occurred independent of any preceding vigilance, diarrhœa, or want; from which causes, this appearance sometimes arises, but

uno die finitur: itaque diutius durans, mortis index est.

Si vero in morbo vetere jam triduo talis est, in propinquo mors est; magisque, si præter hæc oculi quoque lumen refugiunt, et illacrimant; quæque in iis alba esse debent, rubescunt; atque in iisdem venulæ pallent; pituitaque in iis innatans, novissime angulis inhærescit; alterque ex his minor est; iique aut vehementer subsederunt, aut facti tumidiores sunt; perque somnum palpebræ non committuntur, sed inter has ex albo oculorum aliquid apparet, neque id fluens alvus expressit; eædemque palpebræ pallent, et idem pallor labra et nares decolorat; eademque labra, et nares, oculique, et palpebræ, et supercilia, aliquave ex his pervertuntur; isque propter imbecillitatem jam non audit, aut non videt.

Eadem mors denunciatur, ubi æger supinus cubat, eique genua contracta sunt; ubi deorsum ad pedes subinde delabitur; ubi brachia et crura nudat, et inæqualiter dispergit, neque iis calor subest; ubi hiat; ubi assidue dormit; ubi is, qui mentis suæ non est, neque id facere sanus solet, dentibus stridet; ubi ulcus, quod aut ante, aut in ipso morbo

ORDO.

die: itaque durans diutius, est index mortis.

Vero si est talis in morbo jam triduo vetere, mors est in propinquo, que magis, si præter hæc oculi quoque refugiunt lumen, et illacrimant; que quæ debent esse alba in iis, rubescunt; atque venulæ in iisdem pallent; que pituita innatans in iis, novissime inhærescit angulis; que alter ex his est minor; que ii aut subsederunt vehementer, aut sunt facti tumidiores; que palpebræ non committuntur per somnum, sed inter has aliquid ex albo oculorum apparet, neque fluens alvus expressit id; que eædem palpebræ pallent, et idem pallor decolorat labra et nares; que eadem labra, et nares, que oculi, et palpebræ, et supercilia, vel aliqua ex his pervertuntur; que is jam propter imbecillitatem non audit, aut non videt.

Mors denunciatur eadem, ubi æger cubat supinus, que genua sunt contracta ei; ubi delabitur deorsum ad pedes subinde; ubi nudat brachia et crura, et dispergit inæqualiter, neque calor subest iis; ubi hiat; ubi dormit assidue; ubi is, qui non est suæ mentis, stridet dentibus, neque solet facere id sanus; ubi ulcus, quod est natum aut ante, aut in morbo ipso, ari-

TRANSLATION.

then it vanishes in a day: therefore, lasting longer, they indicate approaching dissolution.

So, if they continue in this state for three days in a chronic disease, death is at hand; particularly if, besides these, the eyes shun the light and weep, and that which ought to be white in them becomes red; their small veins are pallid, and the lubricating moisture, floating on the surface, at last adheres to the angles; one is less than the other, and they have either very much sunk or much swollen; when the palpebræ are not closed in sleep, but discover some part of the white between them; neither have these been produced by diarrhœa; and the same eyelids be pale, and that pallor blanch the lips and nostrils; and these lips, nostrils, eyes, eye-lids, and supercilia, or some one of them, be distorted, his imbecility now forbids the eye to see or the ear to hear.

Death has marked him out for his victim when the sufferer lies supine, with his knees contracted; when he slips down frequently towards his feet; when he lays bare his arms and legs and tosses them about carelessly, and there is no warmth in them; when he yawns; when he sleeps constantly; when he gnashes his teeth in a state of insensibility, to which he was unaccustomed in health; when an ulcer has

natum est, aridum, et aut pallidum, aut lividum factum est.

Illa quoque mortis indicia sunt, ungues, digitique pallidi; frigidus spiritus; aut si manibus quis in febre, et acuto morbo, vel insania, pulmonisve dolore, vel capitis, in veste floccos legit, fimbriasve diducit, vel in adjuncto pariete, si qua minuta eminent, carpit. Dolores etiam circa coxas et inferiores partes orti, si ad viscera transierunt, subitoque desierunt, mortem subesse testantur; magisque, si alia quoque signa accesserunt.

Neque is servari potest, qui sine ullo tumore febricitans, subito strangulatur, aut devorare salivam suam non potest; cuive in eodem febris corporisque habitu cervix convertitur, sic ut devorare æque nihil possit; aut cui simul et continua febris et ultima corporis infirmitas est; aut cui, febre non quiescente, exterior pars friget, interior sic calet, ut etiam sitim faciat; aut qui, febre æque non quiescente, simul et delirio et spirandi difficultate vexatur; aut qui, epoto veratro, exceptus distentione nervorum est; aut qui ebrius obmutuit. Is enim fere nervorum distentione consumitur, nisi aut febris accessit, aut eo tempore,

ORDO.

dum, et est factum aut pallidum, aut lividum.

Quoque illa sunt indicia mortis, ungues, que digiti pallidi; frigidus spiritus; aut si quis in febre, et acuto morbo, vel insania, vel dolore pulmonis, vel capitis, legit floccos in veste manibus, vel diducit fimbrias, vel si qua minuta eminent in adjuncta pariete, carpit. Etiam dolores orti circa coxas et inferiores partes, si transierunt ad viscera, que desierunt subito, testantur mortem subesse; que magis, si quoque alia accesserunt.

Neque potest is servari, qui febricitans, subito strangulatur sine ullo tumore, aut non potest devorare suam salivam; vel cui cervix convertitur in eodem habitu febris que corporis, sic ut possit devorare nihil æque; aut cui est et continua febris, et ultima infirmitas corporis; aut cui, febre non quiescente, exterior pars friget, (et) sic interior calet, ut etiam faciat sitim; aut qui, febre non quiescente æque, vexatur simul et delirio et difficultate spirandi; aut qui est exceptus distentione nervorum, epoto veratro; aut qui obmutuit ebrius. Enim is fere consumitur distentione nervorum, nisi aut febris accessit, aut cœpit loqui

TRANSLATION.

arisen, either before or during the progress of the disease itself, has become dry, or pale, or livid.

The following are also symptoms of death: pallid nails and fingers; cold breath; or if one in a fever, or acute disease, or in insanity, or in peripneumonia, or in phrenitis, begin picking the bed-clothes, or separate the fringes, or catch at any minute object that may be on the adjoining wall. Also, pains having arisen about the hips and lower parts, if they have passed over to the viscera and ceased suddenly, prove death to be at hand; especially if the other symptoms precede.

Nor can he be saved, who is labouring under fever without any tumour, and is suddenly seized with a sense of strangulation, or is unable to swallow his own saliva; nor he who is in the same state of fever and of body, the neck being so distorted that it is equally impossible for him to swallow any thing; nor he who has at the same time a continued fever, with extreme debility of body; or he who, without any alleviation of the fever, has the surface of his body cold, and the interior so hot as to produce thirst; or he on whom the fever has been equally violent, is tortured at the same time with delirium and dyspnœa; or one who, after having drunk hellebore, has been seized with convulsions; or one who has lost the *power of speech* from intoxication: for he is generally carried off by convulsions.

quo ebrietas solvi debet, loqui cœpit. Mulier quoque gravida acuto morbo facile consumitur; et is, cui somnus dolorem auget; et cui protinus, in recenti morbo, bilis atra vel infra vel supra se ostendit; cuive alterutro modo se prompsit, cum jam longo morbo corpus ejus esset extenuatum et affectum. Sputum etiam biliosum, et purulentum, sive separatim ista, sive mista proveniunt, interitus periculum ostendunt. Ac si circa septimum diem tale esse cœpit, proximum est, ut is circa quartumdecimum diem decedat, nisi alia signa meliora pejorave accesserint: quæ, quo leviora graviorave subsecuta sunt, eo vel seriorem mortem, vel maturiorem denuntiant.

Sudor quoque frigidus in acuta febre pestifer est: atque in omni morbo vomitus, qui varius, et multorum colorum est; præcipueque, si malus in hoc odor est. Ac sanguinem quoque in febre vomuisse, pestiferum est. Urina vero rubra et tenuis in magna cruditate esse consuevit; et sæpe, antequam spatio maturescat, hominem rapit: itaque, si talis diutius permanet, periculum mor-

ORDO.

eo tempore, quo ebrietas debet solvi. Quoque gravida mulier consumitur facile acuto morbo; et is, cui somnus auget dolorem; et cui atra bilis ostendit se protinus, vel supra vel infra in recenti morbo; vel cui prompsit se alterutro modo, cum jam corpus esset extenuatum et affectum longo morbo. Etiam biliosum, et purulentum sputum, sive ista proveniunt separatim, sive mista, ostendunt periculum interitus. Ac si cœpit esse tale circa septimum diem, est proximum, ut is decedat circa quartumdecimum diem, nisi alia meliora vel pejora signa accesserint: quæ, quo leviora ve graviora sunt subsecuta, eo denuntiant vel seriorem vel maturiorem mortem.

Quoque frigidus sudor est pestifer; atque vomitus in omni morbo, qui est varius, et multorum colorum; que præcipue, si est malus odor in hoc. Ac vomuisse sanguinem quoque in febre, est pestiferum. Vero urina consuevit esse rubra et tenuis in magna cruditate; et sæpe spatio antequam maturescat, rapit hominem: que ita si talis permanet diutius, ostendit periculum mor-

TRANSLATION.

unless a fever supervene or he begin to speak about that time when the effects of inebriation usually cease.

A pregnant woman also is easily destroyed by an acute disease; and also that person whose pain is augmented by sleep; and he who, in the commencement of a recent disease, ejects black bile either upwards or downwards; or in whom the evacuation has been in either mode, when the constitution has been previously emaciated and debilitated by a long disease. Also bilious and purulent spitting, whether these be ejected separately or mixed, prognosticate a dissolution. And if it began to be such about the seventh day, the probability is that he will die about the fourteenth, unless some other symptoms, either more auspicious or malignant, shall have acceded; and, according as those symptoms have followed, either milder or more virulent, so in proportion they denote either a more protracted or accelerated dissolution.

A cold perspiration also in an acute fever is a pestiferous omen; and in every disease a vomiting which is of a variegated mixture; and particularly if there be a fetid odour in this. To have vomited blood in fever is also a fatal symptom.

The urine is generally red, thin, and in great crudity, and often carries off the patient before concoction takes place; therefore, if it continue very long so, it por-

tis ostendit. Pessima tamen est, præcipueque mortifera, nigra, crassa, mali odoris. Atque in viris quidem et mulieribus talis deterrima est: in pueris vero, quæ tenuis et diluta est. Alvus quoque varia, pestifera est, quæ strigmentum, sanguinem, bilem, viride aliquid, modo diversis temporibus, modo simul, et in mistura quadam, discreta tamen repræsentat. Sed hæc quidem potest paulo diutius trahere: in præcipiti vero jam esse denuntiat, quæ liquida, eademque vel nigra, vel pallida, vel pinguis est; utique, si magna fœditas odoris accessit.

Illud interrogari me posse ab aliquo scio: si certa futuræ mortis indicia sunt, quomodo interdum deserti a medicis convalescant, quosdamque fama prodiderit in ipsis funeribus revixisse? Quin etiam vir jure magni nominis Democritus, ne finitæ quidem vitæ satis certas notas esse, proposuit, quibus medici credidissant: adeo illud non reliquit, ut certa aliqua signa futuræ mortis essent. Adversus quos ne dicam illud quidem, quod in vicino sæpe quædam notæ positæ, non bonos, sed imperitos medicos decipiunt; quod Asclepiades funeri ob-

ORDO.

tis. Tamen nigra, crassa, mali odoris est pessima que præcipue mortifera. Atque quidem talis est deterrima in viris et mulieribus: vero quæ in pueris et tenuis est diluta. Quoque varia alvus est pestifera, quæ repræsentat strigmentum, sanguinem, bilem, aliquid viride, modo diversis temporibus, modo simul, tamen discreta, et in quadam mistura. Sed quidem potest trahere hæc paulo diutius: vero denuntiat esse jam in præcipiti, quæ est liquida, que eadem vel nigra, vel pallida, vel pinguis; utique, si magna fœditas odoris accessit.

Scio me posse interrogari illud ab aliquo: si sunt certa indicia mortis, quomodo interdum deserti a medicis convalescant, que fama prodiderit quosdam revixisse in funeribus ipsis? Quinetiam Democritus, vir magni nominis jure, proposuit, notas vitæ finitæ, quibus medici credidissent ne quidem satis certas: adeo illud non reliquit, ut essent aliqua certa signa futuræ mortis. Adversus quos ne quidem dicam illud, quod quædam notæ positæ sæpe in vicino, non decipiunt, bonos sed imperitos medicos; quod Asclepiades obvius intellexit eum vi-

TRANSLATION.

tends imminent danger. Yet, that which is black, thick, and of an offensive smell, is worst, and particularly deadly. And such is the worst in men and women; but in children, that which is thin and watery is the most dangerous. When the alvine discharges represent strigments (8), blood, bile, and green matter, whether passed at different times or at once in the same mixture, yet sufficiently distinct, are held as pestiferous messengers. But he may protract his existence under these symptoms a little longer: but when they are fluid, and likewise either black, pale, or slimy, and especially if accompanied with intolerable fetor, they denounce a precipitate dissolution.

I am aware that I may be interrogated on this subject by some person concerning the certainty of these mortal prognostics, and how it happens that patients, deserted by their physicians, sometimes recover; and, indeed, report has transmitted some to have resuscitated during the funeral ceremony. Even Democritus, a man justly entitled to a great name, has declared, that there are no marks sufficiently characteristic of *animation* being extinct on which physicians could depend: therefore he would not admit that there could be any certain prognoses of death. In answer to whom, I will not even claim this, that a similitude of certain symptoms *do not often* deceive the skilful, but the unskilful, physicians; (that Asclepiades

vius intellexit, eum vivere, qui efferebatur: nec protinus crimen artis esse, si quod professoris sit. Illa tamen moderatius subjiciam: conjecturalem artem esse medicinam, rationemque conjecturæ talem esse, ut cum sæpius aliquando responderit, interdum tamen fallat. Non itaque, si quid vix in millesimo corpore aliquando decipit, fidem non habet, cum per innumerabiles homines respondeat. Idque non in iis tantum, quæ pestifera sunt, dico; sed in iis quoque, quæ salutaria.

Siquidem etiam spes interdum frustratur, et moritur aliquis, de quo medicus securus primo fuit; quæque medendi causa reperta sunt, nonnumquam in pejus alicui convertunt. Neque id evitare humana imbecillitas in tanta varietate corporum potest. Sed est tamen medicinæ fides, quæ multo sæpius, perque multo plures ægros prodest. Neque tamen ignorare oportet, in acutis morbis fallaces magis notas esse et salutis, et mortis.

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vere qui efferebatur funeri: nec esse protinus crimen artis, si sit quod professoris. Tamen subjiciam illa moderatius: medicinam esse conjecturalem artem que rationem conjecturæ esse talem ut cum responderit aliquando sæpius, tamen interdum fallat. Itaque, si quid non decipit vix aliquando in millesimo corpore, non habet fidem, cum respondeat per innumerabiles homines. Que dico, id, non tantum in iis quæ sunt pestifera, sed quoque in iis quæ (sunt) salutaria.

Siquidem etiam spes interdum frustratur, et aliquis moritur, de quo primo medicus fuit securus: que, quæ sunt reperta causa medendi, nonnunquam convertunt in alicui pejus. Neque potest humana imbecillitas evitare id in tanta varietate corporum. Sed tamen est fides medicinæ, quæ prodest multo sæpius, que multo plures ægros. Tamen, neque oportet ignorare, notas et salutis et mortis esse magis fallaces in acutis morbis.

TRANSLATION.

having met a funeral, knew that he was alive whom they were about to bury;) that this insufficiency ought not to be ascribed to the art, if there may be any, of the professor. But I will submit with more moderation;—that medicine is a conjectural art, and the nature of conjecture is such, that although it has frequently succeeded hitherto, yet sometimes it may deceive. Therefore, if a symptom do not deceive us through a long series, scarcely once in a thousand, we are not to withhold our faith when it answers innumerable cases:—and I say, that this is not only referrible to the pestiferous symptoms, but also to the salutary.

For even hope itself is frustrated sometimes; and a patient dies, about whom the physician at first apprehended no danger: and those remedies which have been discovered for the alleviation of disease sometimes prove abortive, and to some even injurious. Neither is it possible for the consequent imperfection of human nature to avoid this in so great a variety of constitutions. Yet still there is faith to be placed in medicine, which proves beneficial to the sick very frequently, and by far the greater number. However, we ought not to be ignorant, that both the salutary and mortal symptoms are more fallacious in acute diseases.

CAP. VII.

DE NOTIS, QUAS ALIQUIS IN SINGULIS MORBORUM GENERIBUS HABERE POSSIT.

SED cum proposuerim signa, quæ in omni adversa valetudine communia esse consueverunt; eo quoque transibo, ut, quas aliquis in singulis morborum generibus habere possit notas, indicem. Quædam autem sunt, quæ ante febres, quædam quæ inter eas, quid aut intus sit, aut venturum sit, ostendunt. Ante febres, si caput grave est, aut ex somno oculi caligant, aut frequentia sternutamenta sunt, circa caput aliquis pituitæ impetus timeri potest. Si sanguis, aut calor abundat, proximum est, ut aliqua parte profluvium sanguinis fiat.

Si sine causa quis emacrescit, ne in malum habitum corpus ejus recidat, metus est. Si præcordia dolent, aut inflatio gravis est, aut toto die non concocta fertur urina, cruditatem esse manifestum est. Quibus diu color sine morbo regio malus est, hi vel capitis doloribus con-

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CAP. VII.

DE NOTIS, QUAS ALIQUIS POSSIT HABERE IN SINGULIS GENERIBUS MORBORUM.

SED cum proposuerim signa, quæ consueverunt esse communia in omni adversa valetudine; transibo quoque eo, ut indicem quas notas aliquis possit habere in singulis generibus morborum. Autem sunt quædam, quæ ostendunt eas ante febres, quædam (ostend. eas) inter, aut quid sit intus, aut sit venturum. Si caput est grave ante febres, aut oculi caligant ex somno, aut sternutamenta sunt frequentia, aliquis impetus pituitæ potest timeri circa caput. Si sanguis, aut calor abundat, proximum est, ut profluvium sanguinis fiat ex aliqua parte.

Si quis emacrescit sine causa, est metus, ne corpus ejus recidat in malum habitum. Si præcordia dolent, aut est gravis inflatio, aut urina non fertur concocta toto die, est manifestum esse cruditatem. Quibus color est malus diu sine regio morbo, hi conflictantur vel dolo-

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CHAP. VII.

THE PARTICULAR SIGNS OF EACH DISEASE.

SINCE I have described those symptoms which generally accompany disease, I will now proceed to point out those diagnostic characters, which any patient may happen to have in each particular kind of illness. But there are some of these which manifest themselves before, others during the progress of the fevers, which evince either a morbid action from within, or what may be expected to come. If, before fevers the head be heavy, or the eyes dim after sleep, and frequent sneezings, a catarrhœcus from the head may be dreaded (9). If the blood be in excess, and very hot, a hæmorrhage is likely to ensue from some part.

If any one become emaciated without an evident cause, there is reason to dread lest he become cachectic.

If the præcordia be painful, or excessive flatulency be present, or the urine discharged in an unconcocted state during the whole day, there is manifest crudity existing. Those who have a bad colour for a long time without jaundice, are either afflicted with pains of the head or pica (10).

Those, who have pallid and turgid countenances for a long time, have either

ıntur, vel terram edunt. Qui diu
nt faciem pallidam et tumidam, aut
:e, aut visceribus, aut alvo laborant.
ı continua febre puero venter nihil
it, mutaturque ei color, neque
ıus accedit, ploratque is assidue,
ıenda nervorum distentio est. Fre-
s autem destillatio in corpore tenui
ɔque, tabem timendam esse testa-

bi pluribus diebus non descendit
ı, docet, aut subitam dejectionem,
ebriculam instare. Ubi pedes tur-
, longæ dejectiones sunt, ubi dolor
no ventre et coxis est, aqua inter
n instat. Sed hoc morbi genus ab
s oriri solet. Idem propositum
ulum est iis, quibus voluntas desi-
i est, venter nihil reddit, nisi et
et durum, tumor in pedibus est,
que modo dextra, modo sinistra
ventris, invicem oritur atque fini-
Sed a jocinore id malum profi-
videtur. Ejusdem morbi nota est,
circa umbilicum intestina tor-
ſtur, στρόφους Græci nominant, cox-
dolores manent; eaque neque tem-
neque remediis solvuntur. Dolor
n articulorum, prout in pedibus,
busve, aut alia qualibet parte sic

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ribus capitis, vel edunt terram. Qui habent faciem pallidam diu et tumidam, aut laborant capite, aut visceribus, aut alvo. Si venter reddit puero nihil in continua febre, que ei color mutatur, neque somnus accedit, que is plorat assidue, distentio nervorum est metuenda. Autem frequens destillatio in tenui que longo corpore testatur tabem esse timendam.

Ubi alvus non descendit pluribus diebus, docet aut subitam dejectionem, aut febriculam instare. Ubi pedes turgent, dejectiones sunt longæ; ubi dolor est in imo ventre et coxis, aqua inter cutem instat. Sed hoc genus morbi solet oriri ab ilibus. Idem periculum propositum iis quibus est voluntas desidendi, venter reddit nihil, nisi et ægre et durum, tumor est in pedibus, que idem modo dextra, modo sinistra parte ventris, invicem oritur atque finitur. Sed videtur id malum proficisci a jocinore. Est nota ejusdem morbi, ubi intestina circa umbilicum torquentur, (Græci nominant στρόφους, strophus) que dolores coxæ manent; que ea neque solvuntur tempore, neque remediis. Autem dolor articulorum, prout sic est in pedibus ve manibus, aut qua-

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affection of the head, viscera, or intestines. If the alvine secretions be sup-
ɜd in a child under continued fever, and his complexion be changed, and he
not, but moan constantly, convulsion is to be apprehended. A frequent
heuma in a delicate tall person, evinces a consumption to be dreaded.
en the bowels have not been evacuated for several days, it portends a sudden
ıœa, or a slight fever to be at hand. When the feet become œdematous, and
are long continued purgings; when there are pains in the lower part of the ab-
ı and hips, dropsy (11) is not far distant. But this kind of disease is accustomed
ıe from the ilia. The same danger is threatened to those who have a continual
nus, voiding little or nothing, with much difficulty, and hard. When there
velling in the feet, and the same takes place, sometimes in the right, some-
in the left side of the abdomen alternately, the disease seems to proceed from
ver. It is a symptom of the same disease, when there are tormina, or twist-
the intestines about the umbilicus, (which the Greeks call strophos) and per-
ıt pains of the hip, which are neither relieved by time nor remedies.
pains of the joints, as for instance, in the feet or hands, or in any other part,

est, ut eo loco nervi contrahantur; aut si id membrum, ex levi causa fatigatum, æque frigido, calidoque offenditur, ποδάγραν χειράγρανve, vel ejus articuli, in quo id sentitur, morbum futurum esse denuntiat.

Quibus in pueritia sanguis ex naribus fluxit, dein fluere desiit, hi vel capitis doloribus conflictentur necesse est, vel in articulis aliquas exulcerationes graves habeant, vel aliquo morbo etiam debilitentur. Quibus fœminis menstrua non proveniunt, necesse est capitis acerbissimi dolores sint, vel quælibet alia pars morbo infestetur. Eademque iis pericula sunt, quibus articulorum vitia, dolores tumoresque, sine podagra similibusque morbis, oriuntur, et desinunt: utique, si sæpe tempora iisdem dolent, noctuque corpora insudant. Si frons prurit, lippitudinis metus est. Si mulier a partu vehementes dolores habet, neque alia præterea signa mala sunt, circa vicesimum diem aut sanguis per nares erumpet, aut in inferioribus partibus aliquid abscedet. Quicumque etiam dolorem ingentem circa tempora et frontem habebit, is alterutra ratione eum finiet; magisque, si juvenis erit, per sanguinis profusionem, si senior, per

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libet alia parte, ut nervi eo loco contrahantur; aut si id membrum, fatigatum ex levi causa, offenditur æque frigido que calido, denuntiat morbum futurum esse ποδάγραν (podagran) ve χειράγραν (cheiragran), vel ejus articuli, in quo id sentitur.

Quibus sanguis fluxit ex naribus in pueritia, dein desiit fluere, est necesse hi conflictentur vel doloribus capitis, vel habeant aliquas graves exulcerationes in articulis, vel etiam debilitentur aliquo morbo. Quibus feminis menstrua non proveniunt, est necesse sint acerbissimi dolores capitis, vel quælibet alia pars infestetur morbo. Que eadem pericula sunt iis quibus vitia, dolores que tumores articulorum oriuntur et desinunt sine podagra que similibus morbis; utique si tempora sæpe dolent iisdem, que corpora insudant noctu. Si frons prurit, metus est lippitudinis. Si mulier habet vehementes dolores a partu, neque sunt alia signa præterea mala signa, aut sanguis erumpet per nares circa vicesimum diem, aut allquid abscedet in inferioribus partibus. Etiam quicunque habebit ingentem dolorem circa tempora et frontem, is finiet eum alterutra ratione; que magis, per profusionem sanguinis, si est juvenis; si senior, per suppura-

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so that the nerves there be contracted: or that limb being fatigued by light exercise, suffer equally from heat and cold, we may expect that to be gout, either of the hand, foot, or of that joint in which it is felt.

Those who have epistaxis in their childhood, and then the hemorrhage cease afterwards, must necessarily be afflicted with head-ache, or have severe ulcerations in the joints, or the constitution may be debilitated by some chronic disease. Women who have obstructed catamenia, are necessarily subject to excruciating pains of the head, or some other part may be affected by disease. Similar perils are impending over those whose disorders, pains, and swelling of the joints come and go, without gout, and such like affections; especially if there be a frequent throbbing in the temples, and they have nocturnal perspirations. If the forehead itch, lippitudo is to be feared. If a woman have violent pains after parturition, and there be no other unfavourable symptoms, there will be an eruption of blood from the nostrils about the twentieth day, or an abscess will form in the inferior parts. Also, whoever shall have intense pain about the temples and forehead, will be relieved by one or other of these two ways; viz. if the person be young, more probably, by hæmorrhage; if older, by suppuration. But a

suppurationem. Febris autem, quæ subito sine ratione, sine bonis signis finita est, fere revertitur.

Cui fauces sanguine et interdiu et noctu replentur, sic ut neque capitis dolores, neque præcordiorum, neque tussis, neque vomitus, neque febricula præcesserit, hujus aut in naribus, aut in faucibus ulcus reperietur. Si mulieri inguen et febricula orta est, neque causa apparet, ulcus in vulva est. Urina autem crassa, ex qua quod desidit, album est, significat circa articulos, aut circa viscera dolorem, metumque morbi esse. Eadem viridis, aut viscerum dolorem, tumoremque cum aliquo periculo subesse, aut certe corpus integrum non esse, testatur. At si sanguis aut pus in urina est, vel vesica vel renes exulcerati sunt. Si hæc crassa, carunculas quasdam exiguas quasi capillos habet, aut si bullat, et male olet, et interdum quasi arenam, interdum quasi sanguinem trahit, dolent autem coxæ, quæque inter has superque pubem sunt, et accedunt frequentes ructus, interdum vomitus biliosus, extremæque partes frigescunt, urinæ crebra cupiditas, sed magna difficultas est, et quod inde excretum est, aquæ simile, vel rufum, vel pallidum est, paulum

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tionem. Autem febris, quæ est finita subito sine ratione, sine bona signis, fere revertitur.

Cui fauces replentur sanguine et interdiu et noctu, sic ut neque dolores capitis, neque præcordiorum, neque tussis, neque vomitus, neque febricula præcesserit, ulcus reperietur aut in naribus, aut in hujus faucibus. Si inguen mulieri orta est et febricula, neque causa apparet, ulcus est in vulva. Autem crassa urina, ex aqua quod desidit, est album, significat dolorem circa articulos, aut circa viscera, que esse metum morbi. Eadem viridis, testatur aut dolorem viscerum que tumorem cum aliquo periculo subesse, aut certe corpus non esse integrum. At si sanguis aut pus est in urina, vel vesica vel renes sunt exulcerati. Si hæc crassa habet quasdam exiguas carunculas quasi capillos, aut si bullat, et olet male, et interdum trahit quasi arenam, interdum quasi sanguinem, autem coxæ dolent, que quæ sunt inter has que super pubem, et frequentes ructus accedunt, interdum biliosus vomitus, que extremæ partes frigescunt, cupiditas urinæ crebra, sed est magna difficultas, et quod est excretum inde est simile aquæ, vel rufum vel pallidum, tamen

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fever which has terminated suddenly, without some assignable cause, unattended by favourable symptoms, generally returns.

A person whose fauces are filled with blood, both during the day and night, shall find an ulcer either there, or in his nostrils, if neither pains of the head, nor of the præcordia, nor cough, nor vomiting, nor slight fever have preceded. If an inguinal tumour be followed by slight fever in a female, without apparent cause, an ulcer will be found in the womb. But thick urine, in which there is a white precipitate, indicates pain about the joints or about the viscera, and that is reason to fear impending disease. The same being green, implies, either pain of the viscera, or a tumefaction attended with some danger to be latent, or at least, the body not to be in a good condition. But if blood or matter be in the urine, either the bladder or the kidneys are ulcerated. If it be thick, and contain small caruncles, as if hairs, or if it give out bubbles and smell strong, and sometimes carry with it the appearance of sand, sometimes bloody; and if the hips be pained, and the parts which are between these and above the pubes; and if frequent eructations, sometimes a bilious retching; and the extremities become cold, and there is a frequent desire to micturate, but attended with great difficulty, and what is excreted thence is like water, or red, or pale, yet affords little relief from it, and if the fæces

tamen in eo levamenti est, alvus vero cum multo spiritu redditur, utique in renibus vitium est. At si paulatim destillat, vel si sanguis per hanc editur, et in eo quædam cruenta concreta sunt, idque ipsum cum difficultate redditur, et circa pubem interiores partes dolent, in eadem vesica vitium est.

Calculosi vero his indiciis cognoscuntur: difficulter urina redditur, paulatimque, interdum etiam sine voluntate, destillat; eadem arenosa est; nonnunquam aut sanguis, aut cruentum, aut purulentum aliquid cum ea excernitur; eamque quidam promptius recti, quidam resupinati, maximeque ii, qui grandes calculos habent, quidam etiam inclinati reddunt, colemque extendendo, dolorem levant. Gravitatis quoque cujusdam in ea parte sensus est: atque ea cursu, omnique motu augetur. Quidam etiam, cum torquentur, pedes inter se, subinde mutatis vicibus, implicant. Fœminæ vero oras naturalium suorum manibus admotis scabere crebro coguntur: nonnumquam, si digitum admoverunt, ubi vesicæ cervicem is urget, calculum sentiunt.

At qui spumantem sanguinem exscreant, his in pulmone vitium est.

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est paulum levamenti in eo, vero alvus redditur cum multo spiritu, utique vitium est in renibus. At si destillat paulatim, vel si sanguis editur per hanc, que id ipsum redditur cum difficultate, et interiores partes circa pubem dolent, vitium est in eadem vesica.

Vero calculosi cognoscuntur his indiciis; urina redditur difficulter, que destillat paulatim, interdum sine etiam voluntate; eadem est arenosa; aut nonnunquam sanguis, aut aliquid cruentum, purulentum excernitur cum ea; que quidam reddunt eam promptius recti, quidam resupinati, que maxime ii, qui habent grandes calculos, quidam etiam inclinati, que levant dolorem, extendendo colem. Est quoque sensus cujusdam gravitatis in ea parte: atque ea augetur cursu, que omni motu. Etiam quidam, cum torquentur, implicant pedes inter se, vicibus mutatis subinde. Vero feminæ coguntur scabere oras suorum naturalium crebro, admotis manibus: nonnunquam si admoverunt digitum, ubi is urget cervicem vesicæ, sentiunt calculum.

At his qui exscreant spumantem sanguinem, vitium est in pul-

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be expelled with much wind, then indeed the disease must be in the kidneys. But if the urine be voided in drops, or if blood be discharged together with some grumous clotted matter in it, and that with difficulty, and the interior parts about the pubes are in pain, the disease is in the bladder.

But those persons afflicted with *calculi*, are known by the following symptoms:—the urine escapes drop by drop and with difficulty, sometimes even involuntarily; also sandy: or sometimes blood, or bloody purulent matter is excreted with it; some render it more readily being erect, some lying supine, especially those who have large calculi; some also in an inclined posture, and they relieve the pain by extending the penis. There is also a sensation of weight in that part; which is increased by running, and every kind of motion. Some also, when they are writhing under the paroxysm cross their legs over one another alternately, occasionally changing the position. But females are often compelled to rub the external orifice of their labia pudendi by the application of their hands: sometimes they feel the calculus, if they apply the finger when it presses against the cervix of the bladder.

But they who expectorate frothy blood, have disease in the lungs. A pregnant

Mulieri gravidæ sine modo fusa alvus elidere partum potest. Eidem si lac ex mammis profluit, imbecillum est quod intus gerit: duræ mammæ, sanum illud esse, testantur. Frequens singultus, et præter consuetudinem continuus, jecur inflammatum esse, significat. Si tumores super ulcera subito esse desierunt, idque a tergo incidit, vel distentio nervorum, vel rigor timeri potest: at si a priore parte id evenit, vel lateris acutus dolor, vel insania exspectanda est; interdum etiam ejusmodi casum, quæ tutissima inter hæc est, profusio alvi sequitur.

Si ora venarum, sanguinem solita fundere, subito suppressa sunt, aut aqua inter cutem, aut tabes sequitur. Eadem tabes subit, si in lateris dolore orta suppuratio intra quadraginta dies purgari non potuit. At si longa tristitia cum longo timore et vigilia est, atræ bilis morbus subest. Quibus sæpe ex naribus fluit sanguis, his aut lienis tumet, aut capitis dolores sunt; quos sequitur, ut quædam ante oculos tamquam imagines obversentur. At quibus magni lienes sunt, his gingivæ malæ sunt, et os olet, aut sanguis aliqua parte prorumpit: quorum si nihil evenit, necesse

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mone. Fusa alvus sine modo potest elidere partum gravidæ mulieri. Si lac profluit eidem ex mammis, quod gerit intus est imbecillum: duræ mammæ testantur, illud esse sanum. Frequens singultus, et continuus præter consuetudinem, significat jecur esse inflammatum. Si tumores super ulcera desierunt esse subito, que id incidit a tergo vel distentio vel rigor nervorum potest timeri: at si id evenit a priore parte, vel acutus dolor lateris, vel insania, est exspectanda; interdum etiam profusio alvi sequitur casum ejusmodi, quæ est tutissima inter hæc.

Si ora venarum, solita fundere sanguinem, sunt subito suppressa, aut aqua inter cutem, aut tabes, sequitur. Tabes subit eadam, si in dolore lateris, suppuratio orta non potuit purgari intra quadraginta dies. At si est longa tristitia cum longo timore et vigilia, morbus atræ bilis subest. Quibus sanguis sæpe fluit ex naribus, his aut lienis tumet, aut sunt dolores capitis: quos sequitur, ut tanquam quædam imagines obversentur ante oculos. At quibus lienes sunt magni, his gingivæ sunt malæ, et os olet, aut sanguis prorumpit ex aliqua parte: si nihil quorum evenit, necesse est, mala ulcera

TRANSLATION.

woman may have a miscarriage produced by severe purging. If the milk flow from her breasts, the fœtus is weak: hard breasts show the child to be healthy. A frequent hiccough of longer duration than usual denotes inflammation of the liver. If the tumours around ulcers have suddenly disappeared, and those have happened in the posterior part of the body, either convulsions, or tetanus may be dreaded: but if on the fore part, either pleurisy or insanity is to be expected; sometimes a diarrhœa comes on in the sequel of such an event, which is the safest of all.

If the accustomed discharge of blood from the orifices of the hæmorrhoidal veins be suddenly suppressed, either dropsy, or consumption follows. A consumption ensues also, if the suppurative matter generated in a pleurisy cannot be purged off within forty days. But if there have existed a long continued sadness, with timidity and vigilance, an atrabiliary disease is at hand. Those who are subject to a frequent epistaxis, have, either a tumefied spleen, or pains in the head: which are followed by visual illusions floating before the eyes. But those who have an enlargement of the spleen, have diseased gums, foul breath, or an hæmorrhage in

est in cruribus mala ulcera, et ex his nigræ cicatrices fiant.

Quibus causa doloris, neque sensus ejus est, his mens labat. Si in ventrem sanguis confluxit, ibi in pus vertitur. Si a coxis, et ab inferioribus partibus dolor in pectus transit, neque ullum signum malum accessit, suppurationis eo loco periculum est. Quibus sine febre aliqua parte dolor, aut prurigo, cum rubore et calore est, ibi aliquid suppurat. Urina quoque, quæ in homine sano parum liquida est, circa aures futuram aliquam suppurationem esse denunciat.

Hæc vero, cum sine febre quoque vel latentium, vel futurarum rerum notas habeant, multo certiora sunt, ubi febris accessit; atque etiam aliorum morborum tum signa nascuntur. Ergo protinus insania timenda est, ubi expeditior alicujus, quam sani fuit, sermo est, subitaque loquacitas orta est, et hæc ipsa solito audacior: aut ubi raro quis et vehementer spirat, venasque concitatas habet, præcordiis duris et tumentibus.

Oculorum quoque frequens motus; et in capitis dolore offusæ oculis tenebræ; vel, nullo dolore substante, somnus ereptus, continuataque nocte et die vigilia; vel prostratum contra consuetudi-

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fiunt in cruribus, et ex his nigræ cicatrices.

Quibus est causa doloris, neque sensus ejus, iis mens labat. Si sanguis confluxit in ventrem, ibi vertitur in pus. Si dolor transit a coxis, et ab inferioribus partibus in pectus, neque ullum malum signum accessit, est periculum eo loco suppurationis. Quibus est dolor aliqua parte sine febre, aut prurigo, cum dolore, et calore, ibi aliquid suppurat. Urina quoque, quæ est parum liquida in sano homine, denunciat aliquam suppurationem esse futuram circa aures.

Vero cum quoque hæc habeant notas sine febre vel latentium, vel rerum futurarum, sunt multo certiora, ubi febris accessit; atque tum etiam signa aliorum morborum nascantur. Ergo protinus insania timenda est, ubi sermo alicujus est expeditior quam fuit sani, que subita loquacitas est orta, et hæc ipsa audacior solito: aut ubi quis spirat raro et vehementer, que habet venas concitatas, præcordiis duris et tumentibus.

Quoque frequens motus oculorum, et tenebræ offusæ oculis in dolore capitis; vel somnus ereptus, nullo dolore substante, que vigilia continuata nocte et die; vel corpus prostratum in ventrem con-

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some part: if none of these appear, of a necessity, bad ulcers will arise in the legs, and dark cicatrices form after them.

In those who have a cause for pain, without a sense of it, the mind is disordered. If blood have flowed into the abdomen, there it is converted into pus. If a pain make a transit from the hips and the inferior parts to the chest, without the appearance of any bad symptom, there is a danger of a suppuration in that place. Those who have pain in any part without fever, or itching, with redness and heat, will have a suppuration there. Also the slightly turbid urine in a healthy man, is the herald of some suppurative process about to take place near the ears.

But since these diagnostic symptoms, even without a fever, maintain the characteristic marks of latent and future disorders, they are much more certain, when accompanied by fever; and also the symptoms of other diseases are developed.

Therefore when a person displays more alacrity than is natural to him, when he becomes more loquacious, and expresses himself with a daring rapidity of language, or when he breathes slowly but vehemently with much accelerated arterial action,

nem corpus in ventrem, sic ut ipsius alvi dolor id non coegerit; item, robusto adhuc corpore, insolitus dentium stridor, insaniæ signa sunt. Si quid etiam abscessit, et antequam suppuraret, manente adhuc febre, subsedit, periculum affert primum furoris, deinde interitus.

Auris quoque dolor acutus, cum febre continua vehementique, sæpe mentem turbat; et ex eo casu juniores interdum intra septimum diem moriuntur: seniores tardius; quoniam neque æque magnas febres experiuntur, neque æque insaniunt: ita sustinent, dum is affectus in pus vertatur. Suffusæ quoque sanguine mulieris mammæ, furorem venturum esse, testantur.

Quibus autem longæ febres sunt, his aut abscessus aliqui, aut articulorum dolores erunt. Quorum faucibus in febre illiditur spiritus, instat his nervorum distentio. Si angina subito finita est, in pulmonem id malum transit; idque sæpe intra septimum diem occidit: quod nisi incidat, sequitur ut aliqua parte suppuret. Deinde post alvi longam resolutionem, tormina;

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tra consuetudinem sic ut dolor alvi ipsius non coegerit id; item, corpore adhuc robusto, insolitus stridor dentium, sunt signa insaniæ. Etiam si quid abscessit, et antequam suppuraret, subsedit, febre adhuc manente, primum affert periculum furoris, deinde interitus.

Quoque acutus dolor auris, cum continua que vehementi febre sæpe turbat mentem; et interdum juniores moriuntur ex eo casu intra septimum diem; seniores tardius; quoniam experiuntur neque æque magnas febres, neque æque insaniunt: ita sustinent dum is affectus vertatur in pus. Quoque mammæ mulieris suffusæ sanguine, testantur furorem esse venturum.

Autem quibus sunt longæ febres, erunt his aut aliqui abscessus, aut dolores articulorum. Distentio nervorum instat his, quorum faucibus spiritus illiditur in febre. Si angina finita est subito, id malum transit in pulmonem; que id sæpe occidit intra septimum diem: nisi quod incidat, sequitur ut suppuret aliqua parte. Deinde post longam resolutionem alvi tormina; post

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the præcordia being hard and swollen, *madness* is immediately to be dreaded. A frequent movement of the eyes also, and a darkness suffused over them with concomitant pain in the head; or an uninterrupted vigilance both night and day without any pain; or lying prostrate on the abdomen contrary to custom, provided a pain in the bowel itself have not compelled the patient to that position; also an unusual grinding of the teeth, the body being as yet robust and healthy, are all premonitory symptoms of mania.

Also, if an abscess have formed in any part and subside before suppuration take place, the fever as yet remaining, it first indicates an apprehension of furor, and then of death.

Also an acute pain of the ear, with continued and violent fever, often perturbs the mind, and sometimes carries off the younger, within the seventh day; older persons more slowly, because their fevers are neither equally violent, nor do they rave so much: thus they sustain the disease until resolution be effected. A congestion of blood in the breasts of a female also denotes approaching madness.

But those who have long fevers, will be liable to have abscesses or pains of the articulations. Convulsions are not far distant from those, whose expirations are forcibly propelled against the fauces in fever. If angina suddenly disappear, a metastasis of that malady to the lungs is the consequence; and that often destroys the patient within the seventh day: and unless this take place, it follows, that it must suppurate in some part. Then, after long continued diarrhœa, tormina ensue; and

post hæc, intestinorum lævitas oritur; post nimias destillationes, tabes; post lateris dolorem, vitia pulmonum; post hæc, insania; post magnos fervores corporis, nervorum rigor, aut distentio; ubi caput vulneratum est, delirium; ubi vigilia torsit, nervorum distentio; ubi vehementer venæ super ulcera moventur, sanguinis profluvium.

Suppuratio vero pluribus morbis excitatur. Nam si longæ febres sine dolore, sine manifesta causa remanent, in aliquam partem id malum incumbit; in junioribus tamen: nam in senioribus ex ejusmodi morbo quartana fere nascitur. Eadem suppuratio fit, si præcordia dura, dolentia ante vicesimum diem hominem non sustulerunt, neque sanguis ex naribus fluxit, maximeque in adolescentibus; utique, si inter principia aut oculorum caligo, aut capitis dolores fuerunt: sed tum in inferioribus partibus aliquid abscedit. Aut si præcordia tumorem mollem habent, neque habere intra sexaginta dies desinunt, hæretque per omne id tempus febris: sed tum in superioribus partibus fit abscessus; ac si inter ipsa viscera non fit, circa aures erumpit.

Cumque omnis longus tumor ad suppurationem fere spectet, magis eo tendit

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hæc lævitas intestinorum oritur; post nimias destillationes, tabes; post dolorem lateris, vitia pulmonum; post hæc insania; post magnos fervores corporis, rigor nervorum, aut distentio; ubi caput est vulneratum, delirium: ubi vigilia torsit, distentio nervorum: ubi venæ super ulcera moventur vehementer profluvium sanguinis.

Vero suppuratio excitatur pluribus morbis. Nam si longæ febres sine dolore remanent, sine manifesta causa, id malum incumbit in aliquam partem, tamen in junioribus; nam in senioribus quartana fere nascitur ex morbo ejusmodi. Suppuratio fit eadem, si præcordia dura, dolentia non sustulerunt hominem ante vicesimum diem, neque sanguis fluxit ex naribus, que maxime in adolescentibus; utique si inter principia aut caligo oculorum, aut dolores capitis fuerunt: sed tum aliquid abscedit in inferioribus partibus. Aut si præcordia habent mollem tumorem, neque desinunt habere intra sexaginta dies, que febris hæret per omne id tempus: sed tum abscessus fit in superioribus partibus; ac si non fit inter viscera ipsa, erumpit circa aures.

Que cum omnis longus tumor fere spectet ad suppurationem, is tendit eo magis, qui est in

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after these, lienteria; after violent catarrhs, consumption; after pleurisy, pulmonary disease; after which, madness: after excessive heats of the body, tetanus or convulsion: after a wound of the head, delirium; after being tortured by vigilance, convulsion: when the blood-vessels over ulcers are violently excited, hæmorrhage will follow.

But suppuration is induced by various diseases; for if chronic fevers, unattended with pain, remain without some manifest cause, the malady falls on some particular part; especially in younger persons; for in elderly people a disease of this kind generally assumes the form of quartan ague. Suppuration happens likewise, if the præcordia, being tense and painful, have neither carried off the patient before the twentieth day, nor epistaxis ensued (12); and particularly in young persons, if in the commencement of the disease they have had either dimness of the eyes, or pains of the head: but then, in this instance an abscess forms in the inferior extremities. But if there be a soft tumour in the præcordia, for sixty days, with concomitant fever during the whole of that time; then an abscess will form in the superior parts: and if not in the viscera, it will break out about the ears.

Now as every indolent tumour generally tends to suppuration, so one arising in

is, qui in præcordiis, quam is, qui in ventre est; is, qui supra umbilicum, quam is, qui infra est. Si lassitudinis etiam sensus in febre est, vel in maxillis, vel in articulis aliquid abscedit. Interdum quoque urina tenuis et cruda sic diu fertur, ut alia salutaria signa sint; exque eo casu plerumque infra transversum septum (quod διάφραγμα Græci vocant) fit abscessus.

Dolor etiam pulmonis, si neque per sputa, neque per sanguinis detractionem, neque per victus rationem finitus est, vomicas aliquas interdum excitat, aut circa vicesimum diem, aut circa tricesimum, aut circa quadragesimum, nonnumquam etiam circa sexagesimum. Numerabimus autem ab eo die, quo primum febricitavit aliquis, aut inhorruit, aut gravitatem ejus partis sensit.

Sed hæ vomicæ modo a pulmone, modo a contraria parte nascuntur. Quod suppurat, ab ea parte, quam afficit, dolorem inflammationemque concitat; ipsum calidius est; et si in partem sanam aliquis decubuit, onerare eam ex pondere aliquo videtur. Omnis etiam suppuratio, quæ nondum oculis patet, sic deprehendi potest: si febris non dimittit, eaque interdiu levior est,

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præcordiis, quam is, qui (est) in ventre; is, qui est supra umbilicum, quam is, qui (est) infra. Etiam si est sensus lassitudinis in febre, aliquid abscedit vel in maxillis, vel in articulis. Interdum urina quoque fertur tenuis, et diu cruda, sic ut sint alia salutaria signa; que ex eo casu plerumque abscessus fit infra transversum septum (quod Græci vocant διάφραγμα diaphragma).

Etiam dolor pulmonum, si finitus est neque per sputa, neque per detractionem sanguinis, neque per rationem victus, interdum excitat aliquas vomicas aut circa vicesimum diem, aut circa tricesimum, aut circa quadragesimum, etiam nonnunquam circa sexagesimum. Autem numerabimus ab eo die, quo aliquis febricitavit primum, aut inhorruit, aut sensit gravitatem ejus partis.

Sed hæ vomicæ nascuntur modo a pulmone, modo a contraria parte. Quod suppurat, concitat dolorem que inflammationem ab ea parte, quam afficit; ipsum est calidus; et si aliquis decubuit in sanam partem, videtur onerare eam ex aliquo pondere. Etiam omnis suppuratio, quæ nondum patet oculis potest deprehendi sic: si febris non dimittit, que ea est levior interdiu,

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the præcordia has a greater tendency to that issue, than that which is in the abdomen; one above the umbilicus, more than one below it. Also, if there be a sensation of lassitude in fever, an abscess may form either in the maxillaries, or joints. Sometimes the urine is discharged for a long time in a thin, crude state, yet the other symptoms may be salutary; and in such a case, an abscess is generally formed below the transverse septum, which the Greeks call diaphragm.

If peripneumonia be neither removed by expectoration, blood-letting, nor by strict regimen, it gives rise sometimes to imposthumes, either about the twentieth day, or thirtieth, or fortieth, and indeed sometimes about the sixtieth day. But we must reckon from that day, on which the patient became feverish, or shivered, or felt a sense of weight in the parts.

But these imposthumes are generated sometimes in the lung, sometimes in the parts opposite. Where the suppuration is going on, it excites pain and inflammation in the part which it affects; the heat is greater there; and if a person lie on the sound side, he will imagine that part oppressed with some weight. Also every suppuration, which is not evident, may be thus detected: if the fever do not remit, and it is

noctu increscit; multus sudor oritur; cupiditas tussiendi est, et pene nihil in tussi exscreatur; oculi cavi sunt; malæ rubent; venæ sub lingua inalbescunt; in manibus fiunt adunci ungues; digiti, maximeque summi, calent; in pedibus tumores sunt; spiritus difficilius trahitur; cibi fastidium est; pustulæ toto corpore oriuntur.

Quod si protinus initio dolor et tussis fuit, et spiritus difficultas, vomica vel ante vel circa vicesimum diem erumpet: si serius ista cœperint, necesse est quidem increscant; sed quo minus cito affecerint, eo tardius solventur. Solent etiam in gravi morbo pedes cum digitis unguibusque nigrescere; quod si non est mors consecuta, et reliquum corpus invaluit, pedes tamen decidunt.

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increscit noctu; multus sudor oritur; est cupiditas tussiendi, et pæne nihil exscreatur in tussi; oculi sunt cavi; malæ rubent; venæ sub lingua inalbescunt; ungues in manibus fiunt adunci; digiti que maxime summi, calent; sunt tumores in pedibus; spiritus trahitur difficilius; est fastidium cibi; pustulæ oriuntur toto corpore.

Quod si dolor et tussis fuit protinus initio, et difficultas spiritus, vomica erumpet vel ante, vel circa vicesimum diem: si ista cœperint serius, est necesse quidem increscant; sed quo minus cito affecerint, eo tardius solventur. Etiam pedes cum digitis que unguibus solent nigrescere in gravi morbo: quod si mors non consecuta est, et reliquum corpus invaluit, tamen pedes decidunt.

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lighter by day, but increases at night; the perspiration is abundant; there is a provocative to cough, and scarcely any thing expectorated with it; the eyes are sunk, the cheeks flushed, the sublingual veins become pale; the finger nails grow curved; the fingers, especially their extremities, are hot; the feet are œdematous; respiration becomes difficult; there is a loathing of food; and pustules arise over the whole body.

But if there have been pain, cough, and dyspnœa from the commencement, the imposthume will burst either before or about the twentieth day: if these symptoms have begun later, they must of necessity increase; but by how much more slowly they develope themselves, they are proportionately tardy in their resolution. Indeed the feet, toes, and nails, are liable to become black (*mortify*) in a severe disease; and if death ensue not, and the rest of the body recover, yet the feet fall off.

CAP. VIII.

QUÆ NOTÆ IN QUOQUE MORBI GENERE VEL SPEM VEL PERICULA OSTENDANT.

SEQUITUR, ut in quoque morbi genere proprias notas explicem, quæ vel spem, vel periculum ostendant. Ex, vesica dolenti, si purulenta urina processit, inque ea læve et album subsedit, metum detrahit.

In pulmonis morbo, si sputo ipso levatur dolor, quamvis id purulentum est, tamen æger facile spirat, facile exscreat, morbum ipsum non difficulter fert, potest ei secunda valetudo contingere. Neque inter initia terreri convenit, si protinus sputum mistum est rufo quodam, et sanguine, dummodo statim edatur.

Laterum dolores, suppuratione facta, deinde intra quadragesimum diem purgata, finiuntur. Si in jocinore vomica est, et ex ea fertur pus purum et album, salus ei facilis: id enim malum in tunica est. Ex suppurationibus vero eæ tolerabiles sunt, quæ in exteriorem partem feruntur, et acuuntur: at ex iis quæ intus procedunt, eæ leviores, quæ

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CAP. VIII.

QUÆ NOTÆ OSTENDANT VEL SPEM VEL PERICULA IN QUOQUE GENERE MORBI.

SEQUITUR, ut explicem notas proprias, quæ ostendant vel spem, vel periculum in quoque genere morbi. Ex vesica dolenti, si urina purulenta processit, que læve et album subsedit in ea, detrahit metum.

In morbo pulmonis, si dolor ipso levatur sputo, quamvis id est purulentum, tamen æger spirat facile, exscreat facile, non fert morbum ipsum difficulter, secunda valetudo potest contingere ei. Neque convenit terreri inter initia, si sputum est mixtum quodam rufo et sanguine protinus, dummodo edatur statim.

Dolores laterum finiuntur, suppuratione facta, deinde purgata intra quadragesimum diem. Si vomica est in jocinore, et purum et album pus fertur ex ea, salus ei facilis: enim id malum est in tunica. Vero ex suppurationibus eæ sunt tolerabiles, quæ feruntur in exteriorem, et acuuntur: at ex iis, quæ procedunt intus, eæ leviores, quæ non affi-

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CHAP. VIII.

THE FAVOURABLE AND UNFAVOURABLE SYMPTOMS IN CERTAIN DISEASES.

THE next in order that I describe are the diagnostic symptoms which may denote either hope or fear in each genus of disease. If purulent urine be discharged after pain in the bladder, depositing a smooth white precipitate in it, it allays our fear.

If the pain in pulmonary disease be mitigated by expectoration, although that be purulent, yet if the patient breathe easily, and expectorate freely, and sustain the disease itself without difficulty, he may recover his health. Nor need we be alarmed, even in the beginning, if the sputum be mixed, as if it were muco-purulent blood, provided that it cease immediately.

Pleurisies are terminated by suppuration having taken place, and being purged within forty days. If there be an imposthume in the liver, and pure white pus be discharged out of it, the recovery is easy; for that malady is in the membrane. But those suppurations are supportable which point externally: of those which proceed inwardly, they are more mild which do not affect the super-adjacent skin,

contra se cutem non afficiunt, eamque et sine dolore et ejusdem coloris, cujus reliquæ partes sunt, sinunt esse.

Pus quoque, quacumque parte erumpit, si est læve, album, et unius coloris, sine ullo metu est; et quo effuso, febris protinus conquievit, desieruntque urgere cibi fastidium et potionis desiderium. Si quando etiam suppuratio descendit in crura, sputumque ejusdem factum pro rufo purulentum est, periculi minus est.

At in tabe ejus, qui salvus futurus est, sputum esse debet album, æquale totum, ejusdemque coloris, sine pituita; eique etiam simile esse oportet, si quid in nares a capite destillat. Longe optimum est, febrem omnino non esse; secundum est, tantulam esse, ut neque cibum impediat, neque crebram sitim faciat. Alvus in hac valetudine ea tuta est, quæ quotidie coacta, eaque convenientia iis, quæ assumuntur, reddit; corpus id, quod minime tenue, maximeque lati pectoris atque setosi est, cujusque cartilago exigua, et carnosa est.

Super tabem si mulieri suppressa quoque menstrua fuerunt, et circa pectus atque scapulas dolor mansit, subitoque sanguis erupit, levari morbus solet: nam

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ciunt cutem contra se, que sinunt eam esse sine dolore, et ejusdem coloris, cujus reliquæ partes sunt.

Si quoque pus, quacunque parte erumpit, est læve, album, et unius coloris, est sine ullo metu; et, quo effuso, febris conquievit protinus, que fastidium cibi et desiderium potionis desierunt urgere. Etiam si quando suppuratio descendit in crura, que ejusdem sputum est factum purulentum pro rufo, est minus periculi.

At in tabe ejus, qui est futurus salvus, sputum debet esse album, totum æquale, que ejusdem coloris, sine pituita: que etiam si quid destillat a capite in nares, oportet esse simile ei. Est longe optimum, febrem non esse omnino; est secundum, esse tantulam, ut neque impediat cibum, neque faciat crebram sitim. In hac valetudine ea alvus est tuta, quæ quotidie coacta reddit (parum), que ea convenientia iis, quæ assumuntur; id corpus (est tutum) quod est minime tenue, que maxime lati atque setosi pectoris, que cartilago cujus est exigua et carnosa.

Quoque si menstrua fuerunt suppressa mulieri super tabem, et dolor mansit circa pectus et scapulas, que sanguis subito erupit, morbus solet levari; nam et

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and permit it to be free from pain, and of the same colour as that of the surrounding parts.

If pus, from whatever part discharged, be smooth, white, and of a uniform colour, no danger is to be apprehended; and which matter being effused, the fever ceases immediately, then the aversion from food and desire of drink cease to oppress. Also, if at any time a suppuration fall into the legs, and the expectoration of that person have become purulent instead of reddish, there is less danger.

But in the consumption of that person, who is likely to recover, the expectoration ought to be white, of an equal consistence and colour, without phlegm: and if any thing be dropt, (secreted,) from the head into the nostrils, it ought to resemble it. It is by far the best, where there is no fever at all, next to this, that there be so little, as neither to prevent food being taken, nor excite a frequent thirst. In this complaint, that state of the bowels is most proper, which is relieved daily, and that too in quantity and consistence proportioned to the food taken; that person who is not over slender, and who has a very broad hairy chest, and the cartilage (*sternum*) of which is small and fleshy.

If amenorrhœa supervene consumption, and the pain remain about the chest and shoulders, and the catamenia suddenly return, the disease is generally re-

et tussis minuitur, et sitis atque febricula desinunt. Sed iisdem fere, nisi redit sanguis, vomica erumpit; quæ quo cruentior, eo melior est.

Aqua autem inter cutem minime terribilis est, quæ nullo antecedente morbo cœpit; deinde, quæ longo morbo supervenit: utique, si firma viscera sunt; si spiritus facilis; si nullus dolor; si sine calore corpus est, æqualiterque in extremis partibus macrum est; si venter mollis; si nulla tussis; nulla sitis; si lingua, ne per somnum quidem, inarescit; si cibi cupiditas est; si venter medicamentis movetur; si per se excernit mollia et figurata; si extenuatur; si urina, et vini mutatione, et epotis aliquibus medicamentis mutatur; si corpus sine lassitudine est, et morbum facile sustinet: siquidem in quo omnia hæc sunt, is ex toto tutus est; in quo plura ex his sunt, is in bona spe est.

Articulorum vero vitia, ut podagræ chiragræque, si juvenes tentarunt, neque callum induxerunt, solvi possunt: maximeque torminibus leniuntur, et quocumque modo venter fluit.

Item morbus comitialis ante puber-

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tussis minuitur, et sitis atque febricula desinunt. Sed fere vomica erumpit iisdem, nisi sanguis redit; quæ quo cruentior (est), eo est melior.

Autem aqua inter cutem est minime terribilis, quæ cœpit nullo morbo antecedente; deinde quæ supervenit longo morbo: utique si viscera sunt firma; si spiritus (est) facilis; si (est) nullus dolor; si corpus est sine calore, que est æqualiter macrum in extremis partibus; si venter (est) mollis; si (est) nulla tussis; nulla sitis; si lingua inarescit ne quidem per somnum; si est cupiditas cibi; si venter movetur medicamentis; si excernit per se mollia et figurata; si extenuatur; si urina mutatur et mutatione vini, et aliquibus medicamentis epotis; si corpus est sine lassitudine, et sustinet morbum facile; siquidem omnia in quo hæc sunt, is est tutus ex toto; in quo plura ex his sunt, is est in bona spe.

Vero si vitia articulorum, ut podagræ que chiragræ, tentarunt juvenes, neque induxerunt callum, possunt solvi: que leviuntur maxime torminibus, et quocunque modo venter fluit.

Item morbus comitialis (*epilepsia*) ortus ante pubertatem, non

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lieved: for both the cough is diminished, and the thirst and slight fever cease. But for the most part, the vomica breaks in those persons, unless the catamenia return, and the more sanguineous, by that it is so much the better.

Now, that dropsy is least alarming, which has come on antecedently to any other disease; the next in degree is that which supervenes a chronic disease; especially, if the viscera be healthy; if respiration be easy; if there be no pain; if the body be cool, and equally lean in its extremities; if the abdomen be soft; if there be no cough; no thirst: if the tongue do not become parched during sleep; if there be a desire for food; if the bowels be moved by medicines; if the secretions be spontaneous, soft, and of a natural consistence; if the abdomen be extenuated (13); if the urine alter with a change of wine and some medicinal potions; if the body be free from lassitude, and sustain the disease (14) easily: therefore a patient in whom all these symptoms meet, is in no danger whatever; where many of them appear, he has good reason to hope.

But if diseases of the joints, such as gout in the feet or hands, attack young persons, without having induced an induration of parts, they may be removed: and indeed they are relieved principally by purgatives and every mode of keeping the bowels relaxed.

Also epilepsy, arising before puberty, is terminated without difficulty: so is that

tatem ortus, non ægre finitur: et in quo ab una parte corporis venientis accessionis sensus incipit, optimum est a manibus pedibusve initium fieri; deinde, a lateribus; pessimum inter hæc, a capite. Atque in his quoque ea maxime prosunt, quæ per dejectiones excernuntur. Ipsa autem dejectio sine ulla noxa est, quæ sine febre est; si celeriter desinit; si contrectato ventre nullus motus ejus sentitur; si extremam alvum spiritus sequitur.

Ac ne tormina quidem periculosa sunt, si sanguis et strigmenta descendunt, dum febris ceteræque accessiones hujus morbi absint: adeo ut etiam gravida mulier, non solum reservari possit, sed etiam partum reservare. Prodestque in hoc morbo, si jam ætate aliquis processit.

Contra, intestinorum lævitas facilius a teneris ætatibus depellitur; utique, si ferri urina, et ali cibo corpus incipit. Eadem ætas prodest et in coxæ dolore, et humerorum, et in omni resolutione nervorum. Ex quibus coxa, si sine torpore est, si leviter frigit, quamvis magnos dolores habet, tamen et facile et mature sanatur: resolutumque membrum, si nihilo minus alitur, fieri sanum potest. Oris resolutio etiam alvo cita

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finitur ægre: et in quo sensus accessionis venientis incipit ab una parte corporis, initium est optimum fieri a manibus ve pedibus; deinde a lateribus: pessimum inter hæc a capite. Atque in his quoque ea prosunt maxime, quæ excernuntur per dejectiones.

Autem dejectio ipsa, quæ est sine febre, est sine ulla noxa; si desinit celeriter; si ventre contrectato nullus motus ejus sentitur; si spiritus sequitur extremam (partem) alvum.

Ac ne quidem tormina sunt periculosa, si sanguis et strigmenta descendunt, dum febris que cæteræ accessiones hujus morbi absint: adeo ut gravida mulier etiam, non solum possit reservari, sed etiam reservare partum. Que prodest in hoc morbo, si aliquis processit jam ætate.

Lævitas intestinorum (lienteria) contra, facilius depellitur a teneris ætatibus; utique si urina incipit ferri, et corpus ali cibo. Et prodest eadem ætas in dolore coxæ, et humerorum, et in omni resolutione nervorum: ex quibus si coxa est sine torpore, si friget leviter; quamvis habet magnos dolores, tamen sanatur et facile et mature: que resolutum membrum, si nihilominus alitur, potest fieri sanum. Etiam resolutio

TRANSLATION.

in which there is a sensation (or, *aura epileptica*,) indicative of its approach, from some part of the body, and it is most favourable when this sensation originates in the hands or feet; then the next favourable symptom is that from the sides, but the worst of all is from the head. Therefore, in these cases also, those medicines do most good which excite the alvine secretions.

But a *diarrhœa* itself is innocuous when there is no fever; if it cease expeditiously; if the abdomen upon being handled produce no sensation of this on the feelings of the patient; if the alvine evacuations terminate with flatus. Neither is a *dysentery* dangerous, although blood and slimy mucus pass by stool, provided that fever and its usual concomitants be absent: so that even a pregnant woman may not only be saved, but her offspring also. A more favourable prognosis may be given in this disease, if the patient be a little advanced in life.

On the other hand, *lienteria* is more easily checked in a tender age; especially if the urine begin to flow, and the body be nourished by food. The same age is favourable for the recovery of pains in the hip and shoulders, and in every paralytic affection. Of these the hip, for instance, if it be without torpor, if its coldness be slight, although it may have great pain, yet it is to be restored both easily and speedily: and a paralysed limb, if it continue to be nourished, may be made sound.

finitur. Omnisque dejectio lippienti prodest.

At varix ortus, vel per ora venarum subita profusio sanguinis, vel tormina, insaniam tollunt. Humerorum dolores, qui ad scapulas vel manus tendunt, vomitu atræ bilis solvuntur: et quisquis dolor deorsum tendit, sanabilior est. Singultus sternutamento finitur. Longas dejectiones supprimit vomitus.

Mulier sanguinem vomens, profusis menstruis, liberatur. Quæ menstruis non purgatur, si sanguinem ex naribus fudet, omni periculo vacat. Quæ locis laborat, aut difficulter partum edit, sternutamento levatur. Æstiva quartana fere brevis est. Cui calor et tremor est, saluti delirium est. Lienosis bono tormina sunt. Denique ipsa febris, quod maxime mirum videri potest, sæpe præsidio est.

Nam et præcordiorum dolores, si sine inflammatione sunt, finit; et jocinoris dolori succurrit; et nervorum distentionem rigoremque, si postea cœpit, ex toto tollit; et ex difficultate urinæ morbum tenuioris intestini ortum, si urinam per calorem movet, levat.

At dolores capitis, quibus oculorum caligo, et rubor cum quadam frontis

ORDO.

oris finitur cita alvo. Que omnis dejectio prodest lippienti.

At varix ortus, vel subita profusio sanguinis per ora venarum, vel tormina, tollunt *insaniam*. Dolores humerorum qui tendunt ad scapulas vel manus, solvuntur vomitu atræ bilis: et quisquis dolor tendit deorsum, est sanabilior. Singultus finitur sternutamento. Vomitus supprimit longas dejectiones.

Mulier vomens sanguinem liberatur, menstruis profusis. Quæ non purgatur menstruis, si fudit sanguinem ex naribus, vacat omni periculo. (Illa) quæ laborat locis (uteri), aut edit partum difficulter, levatur sternutamento. Æstiva quartana est fere brevis. Cui est calor et tremor, delirium est saluti. Tormina sunt bono lienosis. Denique, febris ipsa, quod potest videri maxime mirum, sæpe est præsidio.

Nam finit et dolores præcordiorum, si sunt sine inflammatione; et succurrit dolori jocinoris; et tollit distentionem que rigorem nervorum ex toto, si cœpit postea; et levat morbum tenuioris intestini ortum ex difficultate urinæ, si movet urinam per calorem.

At dolores capitis, quibus caligo oculorum, et rubor cum quadam prurigine frontis acce-

TRANSLATION.

Paralysis of the mouth also, is cured by a loose state of the bowels. All relaxations of the bowels are advantageous to those having ophthalmia.

But a varix arising, or a sudden hæmorrhage from the mouths of veins, or a dysentery, removes madness. Pains of the shoulders which tend to the scapulæ, or the hands, are dissipated by vomiting of black bile: and whatever pain tends downwards is more curable. Hiccough is removed by sneezing. Vomiting suppresses chronic diarrhœa.

A vomiting of blood in a female is terminated by a return of the catamenia. A chlorotic female is freed from all danger by epistaxis. One who is hysteric (15), or brings forth her offspring with difficulty, is relieved by sneezing. A summer quartan is usually of short duration: to one who has heat and trembling, a delirium is salutary. Dysenteries are advantageous to the splenetic. Lastly, even fever itself, which may appear very wonderful, is often a *remedial* agent.

For it carries off pains of the præcordia, if these be without inflammation; and relieves pains of the liver; entirely removes convulsions and tetanus, if it supervene upon these: it alleviates that disease of the smaller intestine arising from stranguria, if it promote urine by heat. But pains of the head, accompanied by dimness of the

prurigine accedunt, sanguinis profusione, vel fortuita, vel etiam petita, summoventur. Si capitis, ac frontis dolores ex vento, vel frigore, aut æstu sunt, gravedine et sternutamentis finiuntur. Febrem autem ardentem, quam Græci καυσώδη vocant, subitus horror exsolvit. Si in febre aures obtusæ sunt, si sanguis e naribus fluxit, aut venter resolutus est, illud malum desinit ex toto.

Nihil plus adversus surditatem, quam biliosa alvus potest. Quibus in fistula urinæ minuti abscessus, quos φύματα Græci vocant, esse cœperunt, iis, ubi pus ea parte profluxit, sanitas redditur. EX QUIBUS CUM PLERAQUE PER SE PROVENIANT, SCIRE LICET, INTER EA QUOQUE, QUÆ ARS ADHIBET, NATURAM PLURIMUM POSSE.

Contra, si caput febre continenti dolet, neque quidquam reddit, malum atque mortiferum est; maximeque id periculum est pueris, a septimo anno ad quartumdecimum. In pulmonis morbo, si sputum primis diebus non fuit, deinde a septimo die cœpit, et ultra septimum mansit, periculosum est; quantoque magis mistos, neque inter se diductos colores habet, tanto deterius.

ORDO.

dunt, submoventur profusione sanguinis, vel fortuita, vel etiam petita. Si sunt dolores capitis ac frontis ex vento, vel frigore, aut æstu, finiuntur gravedine et sternutamentis. Autem subitus horror exsolvit ardentem febrem, quam Græci vocant καυσώδη (kausode). Si aures sunt obtusæ in febre, si sanguis fluxit e naribus, aut venter est resolutus, illud malum desinit ex toto.

Nihil potest plus adversus surditatem, quam biliosa alvus. Quibus minuti abscessus cœperunt esse in fistula urinæ (urethra) quos Græci vocant φύματα (phymata) sanitas redditur iis, ubi pus profluxit (ex) ea parte. EX QUIBUS CUM PLERAQUE PROVENIANT PER SE, LICET SCIRE, INTER EA (REMEDIA) QUÆ ARS ADHIBET, NATURAM QUOQUE POSSE PLURIMUM.

Contra, si caput dolet continenti febre, neque reddit quidquam, est malum atque mortiferum; que id periculum est maxime pueris a septimo anno ad quartumdecimum. In morbo pulmonis, si sputum non fuit primis diebus, deinde cœpit a septimo die, et mansit ultra septimum, est periculosum: que quanto magis habet colores mixtos, neque diductos inter se tanto deterius.

TRANSLATION.

eyes and redness, with a certain itching of the forehead, are removed by a discharge of blood, either fortuitous or extracted.

If pains of the head and forehead arise from wind, or cold, or heat, they are carried off by a catarrheuma and sneezing. But a sudden shivering terminates that ardent fever which the Greeks call *kausode* (καυσώδη). If the auditory organs be obtuse in fever, an epistaxis or diarrhœa puts an end to the malady entirely.

Nothing can be more advantageous against deafness than bilious stools. Those who have minute abscesses forming in the urethra, which the Greeks call phymata, (φύματα,) are cured when a puriform discharge takes place from that part (16). BY WHICH CHANGES, SINCE MANY OF THEM ARISE SPONTANEOUSLY, WE MAY FAIRLY CONCLUDE THAT NATURE CAN ALSO GIVE GREAT EFFECT TO THOSE REMEDIES ADMINISTERED BY ART.

On the contrary, if the head be painful in continued fever without any remission (17), it is a bad and mortal symptom: and children from their seventh to their fourteenth year are particularly liable to this danger. In *pneumonia*, if there have been no expectoration on the first days, but this arises on the seventh day, and continues beyond that time *, it is dangerous: and the more intimately mixed the excretions seem to be, assuming a uniform colour and consistence, so much the worse.

* i. e. 14th day.

Et tamen nihil pejus est, quam sincerum id edi, sive rufum est, sive cruentum, sive album, sive glutinosum, sive pallidum, sive spumans: nigrum tamen pessimum est. In eodem morbo periculosa sunt tussis, destillatio; etiam, quod alias salutare habetur, sternutamentum: periculosissimumque est, si hæc secuta subita dejectio est. Fere vero quæ in pulmonis, eadem in lateris doloribus, et mitiora signa, et asperiora esse consuerunt.

Ex jocinore si pus cruentum exit, mortiferum est. At ex suppurationibus eæ pessimæ sunt, quæ intus tendunt, sic ut exteriorem quoque cutem decolorent: ex iis deinde, quæ in exteriorem partem prorumpunt, quæ maximæ, quæque planissimæ sunt. Quod si, ne rupta quidem vomica, vel pure extrinsecus emisso, febris quievit, aut quamvis quieverit, tamen repetit; item si sitis est, si cibi fastidium, si venter liquidus, si pus est lividum et pallidum, si nihil æger exscreat nisi pituitam spumantem, periculum certum est. Atque ex iis quidem suppurationibus, quas pulmonum morbi concitarunt, fere senes moriuntur; ex ceteris juniores.

At in tabe sputum mistum purulen-

ORDO.

Et tamen nihil est pejus quam id edi sincerum; sive est rufum, sive cruentum, sive album, sive glutinosum; sive pallidum, sive spumans; tamen nigrum est pessimum. In eodem morbo, tussis et destillatio sunt periculosa; etiam sternutamentum, quod alias habetur salutare; que est periculosissimum, si dejectio subito est secuta hæc. Vero fere signa quæ consuerunt esse et mitiora, et asperiora in doloribus pulmonis (sunt) eadem in lateris.

Si cruentum pus exit ex jocinore, est mortiferum. At ex suppurationibus pessimæ sunt eæ, quæ tendunt intus, sic ut decolorent cutem exteriorem quoque: deinde ex iis quæ prorumpunt in exteriorem partem, sunt quæ maxime, que quæ (sunt) planissimæ. Quod si febris quievit, ne quidem vomica rupta, vel pure emisso extrinsecus, aut quamvis quieverit, tamen repetit; item si est sitis, si fastidium cibi, si venter (sedes sunt) liquidus, si pus est lividum et pallidum, si æger exscreat nihil nisi spumantem pituitam, est certum periculum. Atque ex his suppurationibus quidem, quas morbi pulmonum concitarunt, senes fere moriuntur: juniores ex cæteris.

At in tabe, mixtum purulen-

TRANSLATION.

And yet nothing can be worse than for it to be expectorated in one homogeneous mass; whether it be reddish, or bloody, or white, or glutinous, or pale, or frothy; yet black is the worst. When cough and catarrh meet in the same disease, they are dangerous; also sneezing, which in other cases is accounted salutary; and it is most dangerous if sudden purging have followed. But, generally, the symptoms which are accustomed to be held favourable or unfavourable *in Pneumonia* are applicable to *Pleurisies* also.

If bloody pus be discharged from the liver, it is mortal. But of these suppurations, the worst are those which tend inwards, and discolour the opposite external surface: then, those which break externally, the largest and flattest are the most dangerous. But if the fever have subsided, the vomica not being burst, or the matter discharged externally; or, although it shall have subsided, yet return; also, if there be thirst, loathing of food, or liquid stools, if the matter be livid and pale, if the patient expectorate nothing but frothy phlegm, the danger is inevitable. Consequently, old persons generally die of these suppurations, which arise from diseases of the lungs: younger persons from other kinds.

But, in consumption, a muco-purulent expectoration, constant fever which

tum, febris assidua, quæ et cibi tempora eripit, et siti affligit, in corpore tenui periculum subesse testantur. Si quis etiam in eo morbo diutius traxit, ubi capilli fluunt; ubi urina quædam araneis similia subsidentia ostendit, atque in his odor fœdus est; maximeque ubi post hæc orta dejectio est, protinus moritur: utique si tempus autumni est, quo fere, qui cetera parte anni traxerunt, resolvuntur. Item pus exspuisse in hoc morbo, deinde ex toto spuere desiisse, mortiferum est. Solent etiam in adolescentibus ex eo morbo vomicæ fistulæque oriri; quæ non facile sanescunt, nisi si multa signa bonæ valetudinis subsecuta sunt. Ex reliquis vero minime facile sanantur virgines, aut eæ mulieres, quibus super tabem menstrua suppressa sunt.

Cui vero sano subitus dolor capitis ortus est, dein somnus oppressit, sic ut stertat, neque expergiscatur, intra septimum diem pereundum est; magis, cum alvus cita non antecesserit, si palpebræ dormientis non coeunt, sed album oculorum apparet. Quos tamen ita mors sequitur, si id malum non est febre discussum.

ORDO.

tum sputum assidua febris, quæ eripit tempora cibi, et affligit siti, in tenui corpore testatur periculum subesse. Etiam siquis traxit diutius in eo morbo, ubi capilli fluunt; ubi urina ostendit quædam subsidentia similia araneis; atque fœdus odor est in his; que maxime ubi dejectio orta est post hæc moritur protinus; utique si est tempus autumni, quo fere (iis) resolvuntur qui traxerunt cætera parte anni. Item expuisse pus in hoc morbo, deinde desiisse spuere ex toto, est mortiferum. Etiam vomicæ ve fistulæ solent oriri in adolescentibus ex eo morbo; quæ non sanescunt facile, si nisi multa signa bonæ valetudinis subsecuta sunt. Vero ex reliquis virgines sanantur minime facile, aut eæ mulieres super quibus tabem menstrua sunt suppressa.

Vero sano cui subitus dolor capitis ortus est, dein somnus oppressit, sic ut stertat, neque expergiscatur, pereundum est intra septimum; magis cum cita alvus non antecesserit, si palpebræ dormientis non coëunt, sed album oculorum apparet. Tamen quos mors sequitur ita, si id malum non est discussum febre.

TRANSLATION.

leaves no intermission for food, and distressing thirst, are the prognoses of danger being not far off, if they occur in a delicate frame. Also, if a patient have lingered long in the same disease, and then the hair fall off; when the urine deposits something resembling cobwebs, and gives off a fœtid smell, and, particularly, when purgings supervene these symptoms, he soon dies: especially if in autumn, which season generally carries off those who have lingered through the rest of the year. Also, to have expectorated pus in this disease, afterwards to have entirely ceased to do so, is a fatal symptom. It is not uncommon for this disease to arise from tubercles or fistulæ in young people (18); which are very difficult of recovery, unless accompanied by many favourable symptoms. But young females, and others who have suppression of the catamenia accruing upon consumption, are least easily cured.

A healthy person having a sudden pain arise in his head, and falling into a deep sleep, with stertorous breathing, and cannot be awakened, must die within the seventh day; more especially if the bowels have not been previously relaxed; if the eyelids do not close in sleep, but leave the white of the eyes apparent: but he whom death pursues in this manner, may escape that catastrophe by fever.

At aqua inter cutem, si ex acuto morbo cœpit, ad sanitatem raro perducitur: utique si contraria iis, quæ supra posita sunt, subsequuntur. Æque in ea quoque tussis spem tollit: item, si sanguis sursum deorsumque erupit, et aqua medium corpus implevit. Quibusdam etiam in hoc morbo tumores oriuntur, deinde desinunt, deinde rursus assurgunt. Hi tutiores quidem sunt, quam qui supra comprehensi sunt, si attendunt; sed fere fiducià secundæ valetudinis opprimuntur.

Illud jure aliquis mirabitur, quomodo quædam simul et affligant nostra corpora, et parte aliqua tueantur. Nam, sive aqua inter cutem quem implevit, sive in magno abscessu multum puris coiit, simul id omne effudisse, æque mortiferum est, ac si quis sani corporis vulnere factus exsanguis est.

Articuli vero cui sic dolent, ut super eos ex callo quædam tubercula innata sint, numquam liberantur: quæque eorum vitia vel in senectute cœperunt, vel in senectutem ab adolescentia pervenerunt, ut aliquando leniri possunt, sic numquam ex toto finiuntur.

Morbus quoque comitialis post annum quintum et vicesimum ortus ægre

ORDO.

At aqua inter cutem, si cœpit ex acuto morbo, perducitur raro ad sanitatem: utique si (signa) contraria iis, quæ posita sunt supra subsequuntur. Quoque tussis in ea æque tollit spem: item si sanguis erupit sursum que deorsum, et aqua implevit medium corpus (id est venter). Quibusdam etiam in hoc morbo tumores oriuntur, deinde desinunt, deinde assurgunt rursus. Hi quidem sunt tutiores, si attendunt, quam (iis) qui sunt comprehensi supra; sed fere opprimuntur fiducia secundæ valetudinis.

Aliquis mirabitur illud jure, quomodo quædam et simul affligant nostra corpora, et tueantur aliqua parte. Nam, sive aqua inter cutem implevit quem, sive multum puris coiit in magno abscessu, (que) effudisse omne id simul est æque mortiferum, ac si quis sani corporis est factus exsanguis vulnere.

Vero cui articuli dolent, sic ut quædam tubercula ex callo sint innata super eos, nunquam liberantur: que vitia eorum quæ vel cœperunt in senectute, vel pervenerunt ab adolescentia in senectutem, ut possunt leniri aliquando, sic nunquam finiuntur ex toto.

Quoque morbus comitialis ortus (*Epilepsia*) post quintum et

TRANSLATION.

But a dropsy originating from an acute disease is rarely cured; especially if followed by the contrary symptoms to those which have been stated above.

A cough is equally hopeless in this also: if hemorrhage take place either upwards or downwards, and water accumulate in the abdomen (*Ascites*). Swellings also arise in this disease with some persons, which afterwards subside, and then appear again. These, indeed, are safer, if they take care, than those who have been comprehended above; but they are generally betrayed by a confidence of their recovery.

Some persons will wonder at this, and with reason too, how some maladies both afflict our bodies, and at the same time protect them in some part. For, whether one be distended with water, or a quantity of pus be collected in a large abscess, to discharge all this or that, at once, is equally as dangerous as if a healthy person were to lose all his blood by a wound.

But if the joints be affected to that degree, so as to exhibit the form of indurated tubercles upon them, they are never cured: and those vitiated parts, which have either commenced in old age, or have continued from their youth upwards, although they may be sometimes alleviated, yet they can never be entirely removed.

Epilepsy also arising after the twenty-fifth year, is cured with difficulty; and

curatur; multoque ægrius is, qui post quadragesimum annum cœpit; adeo ut in ea ætate aliquid in natura spei, vix quidquam in medicina sit. In eodem morbo, si simul totum corpus afficitur, neque ante in partibus aliquis venientis mali sensus est, sed homo ex improviso concidit, cujuscumque is ætatis est, vix sanescit: si vero aut mens læsa est, aut nervorum facta resolutio, medicinæ locus non est.

Dejectionibus quoque si febris accessit; si inflammatio jocinoris, aut præcordiorum, aut ventris; si immodica sitis; si longius tempus; si alvus varia; si cum dolore est, etiam mortis periculum subest: maximeque, si inter hæc tormina vetera esse cœperunt. Isque morbus maxime pueros absumit usque ad annum decimum: cæteræ ætates facilius sustinent. Mulier quoque gravida ejusmodi casu rapi potest; atque etiamsi ipsa convaluit, partum tamen perdit. Quin etiam tormina ab atra bile orsa mortifera sunt; aut si sub his, extenuato jam corpore, subito nigra alvus profluxit.

At intestinorum lævitas periculosior est, si frequens dejectio est; si venter omnibus horis et cum sono et sine hoc profluit; si similiter noctu et interdiu;

ORDO.

vicesimum annum ægre curatur; que is, qui cœpit post quadragesimum annum, multo ægrius; adeo, ut in ea ætate aliquid spei sit in natura, vix quidquam in medicina. In eodem morbo, si totum corpus afficitur simul, neque est sensus ante mali aliquis partibus venientis, sed homo, concidit ex improviso, cujuscunque ætatis is est, vix sanescit: vero, si aut mens est læsa, aut resolutio nervorum (paralysis) facta, non est locus medicinæ.

Quoque si febris accessit dejectionibus; si inflammatio jocinoris, aut præcordiorum, aut ventris; si sitis (est) immodica; si tempus (fuit) longius; si alvus (fæces sunt) varia; si est (sunt) cum dolore; etiam periculum mortis subest: que maxime si tormina inter hæc cœperunt esse vetera. Que is morbus absumit maxime pueros, usque ad decimum annum: cæteræ ætates facilius sustinent. Gravida mulier quoque potest rapi casu ejusmodi; atque etiamsi convaluit ipsa, tamen perdit partum. Quin etiam tormina orsa ab atra bile sunt mortifera; aut si sub his, corpore jam extenuato, nigra alvus (sedes) subito profluxit.

At lævitas intestinorum (lienteria) est periculosior, si dejectio est frequens; si venter profluit omnibus horis et cum sono, et sine hoc; si similiter noctu et inter-

TRANSLATION.

that which has begun after the fortieth year, is much more so; therefore, at this age, there may be some hope in (the efforts of) nature, but none in (the efficacy of) medicine. If the whole of the body be affected in the same disease simultaneously, without any premonitory sensation of the approaching fit coming from any part, but the man falls unawares, whatever his age may be, he scarcely can recover; but if either the mind be injured, or (the body) paralysed, no medicine can avail.

If fever accede on diarrhœa; if inflammation of the liver, or of the præcordia, or of the abdomen; if the thirst be immoderate; if the disease have become chronic; if the motions be variegated and expelled with pain, a fatal termination may be looked for; and particularly if tormina, with other symptoms, have become chronic. This disease mostly carries off children under ten years of age: the other ages sustain it more easily. A pregnant woman may be snatched off by an accident of this sort; and, although she should recover her health, yet she loses her offspring. So also is a dysentery fatal, arising from atrabilis; or a sudden black alvine discharge, the body being previously wasted by the disease.

But lienteria is more dangerous, if the purging be frequent; if the evacuations take place at all hours with or without flatus; if it continue equally night and day;

si quod excernitur, aut crudum est, aut nigrum, et præter id, etiam læve, et mali odoris; si sitis urget; si post potionem urina non redditur (quod evenit, quia tunc liquor omnis non in vesicam, sed in intestina descendit); si os exulceratur, rubet facies, et quasi maculis quibusdam colorum omnium distinguitur; si venter est quasi fermentatus, pinguis atque rugosus; si et cibi cupiditas non est. Inter quæ cum evidens mors sit, multo evidentior est, si jam longum quoque id vitium est; maxime etiam si in corpore senili est. Si vero in tenuiore intestino morbus est, vomitus, singultus, nervorum distentio, delirium, mala sunt.

At in morbo arquato, durum fieri jecur, perniciosissimum est. Quos lienis male habet, si tormina prehenderunt, deinde versa sunt vel in aquam inter cutem, vel in intestinorum lævitatem, vix ulla medicina periculo subtrahit.

Morbus intestini tenuioris nisi resolutus est, intra septimum diem occidit. Mulier ex partu, si cum febre vehementibus etiam et assiduis capitis doloribus premitur, in periculo mortis est.

ORDO.

diu; si (id) quod excernitur, est aut crudum aut nigrum, et præter id, etiam læve, et mali odoris; si sitis urget; si urina non redditur post potionem, quod evenit quia tunc omnis liquor non descendit in vesicam, sed in intestina; si os exulceratur, facies rubet, et distinguitur quasi quibusdam maculis omnium colorum; si venter est quasi fermentatus, pinguis atque rugosus; et si est non cupiditas cibi. Inter quæ (signa) cum mors sit evidens, est multo evidentior, si id vitium est quoque jam longum; etiam maxime, si est in senili corpore. Vero si est morbus in tenuiore intestino, vomitus, singultus, distentio nervorum, delirium, sunt mala.

At in morbo arquato (icterus) est perniciosissimum, jecur fieri durum. Si tormina (dysenteria) prehenderunt quos lienis habet male, deinde sunt versa vel in aquam inter cutem, vel in lævitatem intestinorum, vix ulla medicina subtrahit periculo.

Nisi morbus tenuioris intestini est resolutus intra septimum diem occidit. Mulier ex (post) partu est in periculo mortis, si cum febre premitur, etiam vehementibus et assiduis doloribus ca-

TRANSLATION.

if that which is excreted be either crude or black, and also smooth and fœtid; if thirst oppress; if the urine be not promoted after drink, which happens, because then all the fluids pass not into the bladder, but into the intestines; if the mouth be ulcerated, the face red, and marked as if by some spots of all colours; if the abdomen appear puffed, as if tympanitic, fat and wrinkled (19); if there be no appetite for food. Since death may be very evident among these symptoms, it will be much more apparent if the disease have existed long; and particularly in an aged person. But if there be a disease of the smaller intestines, vomiting, hiccough, convulsions, and delirium are bad symptoms.

In icterus, the most unfavourable symptom is induration of the liver. Those who have splenitis, being seized with dysentery, which afterwards give origin to dropsy and lienteria, it is scarcely in the power of medicine to rescue them from danger.

The disease of the smaller intestine destroys the patient unless resolution takes place within the seventh day. A woman, after parturition, is in imminent danger if she be seized with fever, and with violent and constant pains of the head. If

Si dolor atque inflammatio est in iis partibus, quibus viscera continentur, frequenter spirare, signum malum est.

Si sine causa longus dolor capitis est, et in cervices ac scapulas transit, rursusque in caput revertitur, aut a capite ad cervices scapulasque pervenit, perniciosus est: nisi vomicam aliquam excitavit, sic ut pus extussiretur; aut nisi sanguis ex aliqua parte prorupit; aut nisi in capite multa porrigo, totove corpore pustulæ ortæ sunt.

Æque magnum malum est, ubi torpor atque prurigo pervagantur, modo per totum caput, modo in parte; aut sensus alicujus ibi quasi frigoris est; eaque ad summam quoque linguam perveniunt. Et cum in iisdem abscessibus auxilium sit, eo tamen difficilior sanitas est, quo minus sæpe sub his malis illi subsequuntur.

In coxæ vero doloribus, si vehemens torpor est, frigescitque crus et coxa; alvus nisi coacta non reddit, idque quod excernitur, mucosum est; jamque ætas ejus hominis quadragesimum annum excessit; is morbus erit longissimus, minimumque annuus; neque finiri poterit, nisi aut vere, aut autumno. Difficilis æque curatio est, in eadem ætate,

ORDO.

pitis. Si est dolor atque inflammatio in iis partibus, quibus viscera continentur, est malum signum spirare frequenter.

Si est longus dolor capitis sine causa, et transit in cervices que scapulas, que rursus revertitur in caput, aut pervenit a capite ad cervices que scapulas, est perniciosus: nisi excitavit aliquam vomicam, sic ut pus extussiretur; aut nisi sanguis prorupit ex aliqua parte, aut nisi multa porrigo (apparet) in capite, ve pustulæ ortæ sunt toto corpore.

Est æque magnum malum, ubi torpor atque prurigo pervagantur, modo per totum caput, modo in parte; aut est sensus quasi alicujus frigoris ibi; que ea perveniunt quoque ad summam linguam. Et cum sit auxilium in iisdem abscessibus, tamen sanitas est difficilior eo, quo minus sæpe illi subsequuntur sub his malis.

Vero in doloribus coxæ, si torpor est vehemens, que crus et coxa frigescit; nisi alvus non reddit, nisi coacta, que id quod excernitur, est mucosum; que ætas jam ejus hominis excessit quadragesimum annum; is morbus erit longissimus, que (ad) minimum annuus; neque poterit finiri, nisi aut vere, aut autumno. Curatio est æque difficilis, in ea-

TRANSLATION.

there be pain and inflammation in those parts, which contain the viscera, hurried respiration is a bad symptom.

If there have been a long continued pain in the head without any evident cause, and this migrate to the neck and shoulders, and again revert to the head, or passing from the head to the neck and shoulders, it is dangerous; unless it excite a vomica, so that pus may be expectorated; or unless hæmorrhage take place from some part, or a copious porrigo appear on the head, or pustules arise over the whole body.

It is an equally formidable disease when torpor and itching wander about; sometimes over the whole head, sometimes in a part of it; or a sensation of cold is felt there, and that also reaches to the tip of the tongue. But although in these cases abscesses may prove beneficial, yet the recovery of health is the more difficult by these means, in proportion, as they seldom succeed those diseases.

But in pains of the hip, if the torpor be great, and the leg and thigh be cold, the bowels constipated, unless they be assisted, and that which is excreted is mucous, and the age of the patient have exceeded his fortieth year; the disease will be very long, and will last a year at least; neither will it be possible to remove it, unless it be either in the spring, or autumn. A cure will be equally difficult in the same age,

ubi humerorum dolor vel ad manus pervenit, vel ad scapulas tendit, torporemque et dolorem creat, neque bilis vomitu levatur.

Quacumque vero parte corporis membrum aliquod resolutum est, si neque movetur, et emacrescit, in pristinum habitum non revertitur; eoque minus, quo vetustius id vitium est, et quo magis in corpore senili est. Omnique resolutioni nervorum ad medicinam non idonea tempora sunt hiems et autumnus: aliquid sperari potest vere et æstate. Isque morbus mediocris vix sanatur, vehemens sanari non potest. Omnis etiam dolor minus medicinæ patet, qui sursum procedit.

Mulieri gravidæ si subito mammæ emacuerunt, abortus periculum est. Quæ neque peperit, neque gravida est, si lac habet, a menstruis defecta est. Quartana autumnalis fere longa est; maximeque, quæ cœpit hieme appropinquante. Si sanguis profluxit, deinde secuta est dementia cum distentione nervorum, periculum mortis est: itemque, si medicamentis purgatum, et adhuc inanem, nervorum distentio oppressit; aut si in magno dolore, extremæ partes frigent. Neque is ad vitam redit,

ORDO.

dem ætate, ubi dolor humerorum pervenit vel ad manus, vel tendit ad scapulas, que creat torporem et dolorem, neque levatur vomitu bilis.

Vero quacumque parte corporis aliquod membrum est resolutum, si neque movetur, et emacrescit, non revertitur in pristinum habitum; que eo minus, quo vetustius id vitium est, et magis quo est in senili corpore. Que hiems et autumnus non sunt tempora idonea ad medicinam (curandi) omni resolutioni nervorum: aliquid potest sperari vere et æstate. Que is morbus mediocris, vix sanatur, vehemens, non potest sanari. Etiam omnis dolor, qui procedit sursum, minus patet medicinæ.

Si mammæ gravidæ mulieri emacuerunt subito, est periculum abortus. Si (mulier) quæ neque peperit, neque est gravida, habet lac, defecta est a menstruis. *Autumnalis quartana* est fere longa; que maxime, quæ cœpit hieme appropinquante. Si sanguis profluxit, deinde dementia est secuta cum distentione nervorum, est periculum mortis: que item, si distentio nervorum oppressit (alicui) purgatum medicamentis, et inanem adhuc; aut si in magno dolore, extremæ partes frigent. Neque is redit ad vitam, qui detractus

TRANSLATION.

when there is some affection of the shoulders tending towards the hands or the shoulder blades; and produces a numbness and pain, neither is it relieved by a bilious vomiting.

Whatever limb becomes paralysed, if it have no motion, and waste away, it will not regain its former condition, and the probability of recovery will be proportioned to the term occupied by the disease and the age of the patient. The autumn and winter are improper seasons for the treatment of paralysis of every kind; there may be some hope in spring and summer: when this disease is moderate, it may be cured with difficulty, but when violent it cannot be cured at all. Also every pain which moves upwards is less under the control of treatment.

If the mammæ of a pregnant woman become suddenly shrunk, there is danger of abortion. If a woman, who have neither given birth to a child, nor being pregnant, have milk in her breasts, her monthly courses have been suppressed. An autumnal quartan is generally chronic, especially that which begins on the approach of winter. If dementia and convulsions follow upon hæmorrhage, there is danger of death: also if convulsion seize a person purged by medicine, and as yet empty or if the extremities be cold during great pain. Neither can he be re-

qui ex suspendio, spumante ore, detractus est. Alvus nigra, sanguini atro similis, repentina, sive cum febre, sive etiam sine hac est, perniciosa est.

ORDO.

est ex suspendio, spumante ore. Nigra alvus (fex) similis atro sanguini, repentina, sive est cum febre, sive etiam sine hac, est perniciosa.

TRANSLATION.

stored to life, who, after having been suspended, is taken down with a foaming mouth. Black stools, similar to grumous blood, coming on suddenly, whether attended by fever or not, are pernicious.

CAP. IX.

DE MORBORUM CURATIONIBUS.

Cognitis indiciis, quæ nos vel spe consolentur, vel metu terreant, ad curationes morborum transeundum est. Ex his quædam communes sunt, quædam propriæ: communes, quæ pluribus morbis opitulantur; propriæ, quæ singulis. Ante de communibus dicam: ex quibus tamen quædam non ægros solum, sed sanos quoque sustinent; quædam in adversa tantum valetudine adhibentur.

Omne vero auxilium corporis, aut demit aliquam materiam, aut adjicit, aut evocat, aut reprimit, aut refrigerat, aut calefacit, simulque aut durat, aut mollit. Quædam non uno modo tantum, sed etiam duobus inter se non contrariis adjuvant. Demitur materia, san-

ORDO.

CAP. IX.

DE CURATIONIBUS MORBORUM.

Indiciis cognitis, quæ vel consolentur nos spe, vel terreant metu, transeundum est ad curationes morborum. Ex his quædam sunt communes, quædam propriæ: communes (sunt) quæ opitulantur pluribus morbis; propriæ quæ (opitulantur) singulis. Ante dicam de communibus; ex quibus tamen quædam non sustinent solum ægros, sed quoque sanos; quædam adhibentur tantum in adversa valetudine.

Vero omne auxilium corporis aut demit aut adjicit aliquam materiam, aut evocat, aut reprimit, aut refrigerat, aut calefacit; que simul aut durat, aut mollit. Quædam non adjuvat tantum uno modo, sed etiam duobus non contrariis inter se. Materia de-

TRANSLATION.

CHAP. IX.

OF THE TREATMENT OF DISEASES.

The symptoms being made known, which may either console us with hope, or terrify us with fear, we must now proceed to the treatment of diseases. Of these some are common, some particular: the common are those which relieve several diseases; the particular are adapted to one only. In the first place I shall speak of the common; some of which relate to the preservation of health as well as the recovery of the sick.

Now every remedial agent applied to the body, either abstracts some material from it, or adds to it, or calls it forth, or represses it, or cools, or warms, and at the same time either hardens, or softens it. Some things assist not only in one mode, but also in two, not incompatible with each other. The abstraction of ma-

guinis detractione, cucurbitula, dejectione, vomitu, frictione, gestatione, omnique exercitatione corporis, abstinentia, sudore. De quibus protinus dicam.

ORDO.

mitur detractione sanguinis, cucurbitula, dejectione, vomitu, fructione, gestatione, que omni exercitatione corporis, abstinentia, sudore. De quibus dicam protinus.

TRANSLATION.

terial is effected by blood-letting, cupping, purging, vomiting, friction, gestation, and every exercise of the body, by abstinence, and by sweating. Concerning which I will speak immediately.

CAP. X.

DE DETRACTIONE SANGUINIS PER VENAS.

SANGUINEM, incisa vena, mitti novum non est: sed nullum pene morbum esse, in quo non mittatur, novum est. Item, mitti junioribus, et fœminis uterum non gerentibus, vetus est: in pueris vero idem experiri, et in senioribus, et in gravidis quoque mulieribus, vetus non est: siquidem antiqui, primam ultimamque ætatem sustinere non posse hoc auxilii genus judicabant; persuaserantque sibi, mulierem gravidam, quæ ita curata esset, abortum esse facturam. Postea vero usus ostendit, nihil in his esse perpetuum, aliasque potius observationes adhibendas esse, ad quas dirigi curantis consilium debeat. INTEREST

ORDO.

CAP. X.

DE DETRACTIONE SANGUINIS PER VENAS.

NON est novum, sanguinem mitti, vena incisa: sed est novum, esse nullum morbum pæne, in quo non mittatur. Item mitti junioribus, et fœminis non gerentibus uterum, est vetus: vero non est vetus, experiri idem in pueris et in senioribus, et quoque in gravidis mulieribus: siquidem antiqui judicabant primum que ultimam ætatem non posse sustinere hoc genus auxilii; que persuaserant sibi, gravidam mulierem, quæ esset curata ita, facturam esse abortum. Vero postea usus ostendit, nihil esse perpetuum in his; que potius alias observationes esse adhibendas, ad quas consilium (medici) curantis debeant dirigi. Enim interest,

TRANSLATION.

CHAP. X.

OF BLOOD-LETTING.

IT is not a new practice to let blood by the incision of a vein: but it is new, to embrace this remedy in almost every disease. Again, to extract blood from younger persons, and non-pregnant women, is of ancient date: for indeed the ancients adjudged the two extremes of life incapable of supporting this remedy; and they had persuaded themselves, that a pregnant woman, who might have been treated in this manner would miscarry. But subsequent practice has proved, that none of these precepts are infallible; and that some other circumstances were rather to be regarded, and to which the aim of the physician ought to be directed. *For we*

ENIM, NON QUÆ ÆTAS SIT, NEQUE QUID IN CORPORE INTUS GERATUR, SED QUÆ VIRES SINT. Ergo si juvenis imbecillus est, aut si mulier, quæ gravida non est, parum valet, male sanguis mittitur: emoritur enim vis, si qua supererat, hoc modo erepta.

At firmus puer, et robustus senex, et gravida mulier valens, tuto curatur. Maxime tamen in his medicus imperitus falli potest: quia fere minus roboris illis ætatibus subest; mulierique prægnanti post curationem quoque viribus opus est, non tantum ad se, sed etiam ad partum sustinendum. Non quidquid autem intentionem animi et prudentiam exigit, protinus ejiciendum est; cum præcipua in hoc ars sit, quæ non annos numeret, neque conceptionem solam videat, sed vires æstimet, et ex eo colligat, possit necne superesse, quod vel puerum, vel senem, vel in una muliere duo corpora simul sustineat.

Interest etiam inter valens corpus, et obesum; inter tenue, et infirmum: tenuioribus magis sanguis, plenioribus magis caro abundat. Facilius itaque illi detractionem ejusmodi sustinent; celeriusque ea, si nimium est pinguis, aliquis affligitur. Ideoque vis corporis

ORDO.

non quæ sit ætas, neque quid geratur intus in corpore, sed quæ sint vires. Ergo si juvenis est imbecillis, aut si mulier, quæ non est gravida, valet parum, sanguis male mittitur: enim vis, si qua superaret, erepta hoc modo, emoritur.

At firmus puer, et robustus senex, et valens gravida mulier, curatur (in hoc modo) tuto. Tamen imperitus medicus potest falli maxime in his: quia fere minus roboris subest illis ætatibus; que est quoque opus prægnanti mulieri viribus post curationem, non tantum ad se, sed etiam ad sustinendum partum. Autem quidquid exigit intentionem animi et prudentiam, non est ejiciendum; cum præcipua ars in hoc sit quæ non numeret annos, neque videat conceptionem solam, sed æstimet vires, et colligat ex eo, necne possit superesse quod sustineat vel puerum, vel senem, vel duo corpora simul in una muliere.

Etiam interest inter valens et obesum corpus; inter tenue et infirmum; sanguis abundat magis tenuioribus, caro magis plenioribus. Itaque illi sustinent detractionem ejusmodi facilius; que aliquis, si est nimium pinguis, celerius affligitur ea. Que

TRANSLATION.

are not to regard what the age may be; nor whether there be pregnancy, but the strength of the patient. Therefore if a young person be weak, or if a non-pregnant woman be in a languid state, the extraction of blood is improper: for the *vis vitæ*, if any were remaining, being thus exhausted, dies entirely.

While on the other hand a strong child, a robust old man, a vigorous pregnant female are treated in this manner with safety. Yet in these cases, an unskilful physician may be very much deceived, because, there is generally a proportionate defection of the vital powers at those periods of life; and a pregnant female requires strength after parturition, not only for herself, but for the sustenance of her offspring. Therefore we are not to reject whatever requires intense application of the mind and prudence hastily: since the excellency of the art here, is, not in the enumeration of the patient's years, nor to regard conception alone, but (to form a correct) estimate of his physical powers, and to collect from thence, whether there be sufficient stamina over and above to support either a child, or an old man; or two bodies at the same time in one female.

There is a difference also between a strong and a fat body; between a spare and a weak: the blood is more abundant in thinner persons, flesh more in fuller habits. *Therefore the* former sustain depletion of this kind more easily, while he, who is

melius ex venis, quam ex ipsa specie æstimatur.

Neque solum hæc consideranda sunt, sed etiam morbi genus quod sit: utrum superans, an deficiens materia læserit; corruptum corpus sit, an integrum. Nam si materia vel deest, vel integra est, istud alienum est: at si vel copia sui male habet, vel corrupta est, nullo modo melius succurritur. Ergo vehemens febris, ubi rubet corpus, plenæque venæ tument, sanguinis detractionem requirit: item viscerum morbi, nervorumque resolutio, et rigor, et distentio: quidquid denique fauces difficultate spiritus strangulat; quidquid subito supprimit vocem; quisquis intolerabilis dolor est; et quacumque de causa ruptum aliquid intus atque collisum est: item malus corporis habitus, omnesque acuti morbi, qui modo, ut supra dixi, non infirmitate, sed onere nocent.

Fieri tamen potest, ut morbus quidem id desideret, corpus autem vix pati posse videatur: sed si nullum tamen appareat aliud auxilium, periturusque sit qui laborat, nisi temeraria quoque via fuerit adjutus; in hoc statu boni medici est ostendere, quam nulla spes sit sine san-

ORDO.

ideo vis corporis æstimatur melius ex venis, quam ex specie.

Neque sunt hæc solum consideranda, sed etiam quid sit genus morbi; utrum superans materia læserit, an deficiens; (an) corpus sit corruptum, an integrum. Nam si materia vel deest, vel est integra, istud est alienum: at si vel copia sui male habet, vel est corrupta, succurritur nullo modo melius. Ergo vehemens febris, ubi corpus rubet, que venæ plenæ tument, requirit detractionem sanguinis: item morbi viscerum, resolutio (paralysis) et rigor (tetanus,) et distentio nervorum (convulsio) denique, quidquid strangulat fauces difficultate spiritus; quidquid supprimit vocem subito; quisquis dolor est intolerabilis; et de quacunque causa aliquid est ruptum atque collisum intus; item malus habitus corporis, que omnes acuti morbi, qui, ut dixi supra, non nocent infirmitate, sed onere.

Tamen potest fieri, ut morbus quidem desideret id, autem corpus videatur posse vix pati: sed tamen si nullum auxilium appareat, que qui laborat sit periturus, nisi fuerit adjutus quoque temeraria via; in hoc statu est (officium) boni medici ostendere quam sit nulla spes sine

TRANSLATION.

very fat, is sooner affected by it. For this reason the strength of the body is estimated better by the state of the blood vessels, than from its appearance.

Nor are these the only things to be considered, but also the nature of the disease. Whether a redundancy or a deficiency of matter have been the offending cause; whether the body be corrupted or sound. For if the material be either deficient or sound, in this case blood-letting would be injurious: but if its own redundancy be prejudicial (to health), or vitiated, no other remedy will be more eligible. Therefore in a state of high fever, the body being red, the veins full and turgid, the extraction of blood is indicated: also diseases of the viscera, paralysis, tetanus, and convulsion; in short all diseases which affect the fauces, by difficult respiration; whatever suddenly suppresses the voice; whatever pain may be intolerable, such as internal ruptures and bruises from whatever cause arising: also, a vitiated habit of body, and all acute diseases, which, as I have said above, are injurious, not by debility, but from excess.

Yet it may happen, that the disease itself may require this treatment, while the body seems scarcely able to support it: yet if no other remedy be apparent, and the patient be about to die, unless he shall have been relieved, even by a hazardous expedient: in this case it is the duty of a conscientious physician to intimate

guinis detractione, faterique, quantus in hac ipsa metus sit: et tum demum, si exigetur, sanguinem mittere.

DE QUO DUBITARE IN EJUSMODI RE NON OPORTET: SATIUS EST ENIM ANCEPS AUXILIUM EXPERIRI, QUAM NULLUM. Idque maxime fieri debet, ubi nervi resoluti sunt; ubi subito aliquis obmutuit; ubi angina strangulatur; ubi prioris febris accessio pene confecit, paremque subsequi verisimile est, neque eam videntur sustinere ægri vires posse.

Cum sit autem minime crudo sanguis mittendus, tamen ne id quidem perpetuum est: neque enim semper concoctionem res exspectat. Ergo si ex superiore parte aliquis decidit, si contusus est, si ex aliquo subito casu sanguinem vomit; quamvis paulo ante sumpsit cibum; tamen protinus ei demenda materia est, ne, si subsederit, corpus affligat. Idemque etiam in aliis casibus repentinis, qui strangulabunt, dictum erit. At si morbi ratio patiatur, tum demum nulla cruditatis suspicione remanente id fiet. Ideoque ei rei videtur aptissimus adversæ valetudinis dies secundus, aut tertius. Sed ut aliquando etiam primo die sanguinem mittere necesse est, sic

ORDO.

detractione sanguinis, que fateri, quantus metus sit in hac ipsa: et tum demum, si exigetur mittere sanguinem.

De quo oportet non dubitare in re ejusmodi; enim est satius experiri anceps auxilium, quam nullum. Que id debet fieri maxime, ubi nervi sunt resoluti; ubi aliquis subito obmutuit; ubi strangulatur angina; ubi accessio prioris febris pene confecit, que est verisimile parem subsequi, neque vires ægri videntur posse sustinere eam.

Autem cum sanguis sit minime mittendus crudo, tamen ne quidem est id perpetuum: enim neque res exspectat concoctionem semper. Ergo si aliquis decidit ex superiore parte, si est contusus, si vomit sanguinem ex aliquo subito casu; quamvis sumpsit cibum paulo ante, tamen materia (sanguis) est demenda ei protinus, ne si subsederit, affligat corpus. Idemque erit dictum etiam in aliis repentinis casibus, qui strangulabunt. At si ratio morbi patiatur, tum demum, nulla suspicione cruditatis remanente, id fiet. Que ideo secundus, aut tertius dies adversæ valetudinis videtur aptissimus ei rei. Sed ut aliquando est necesse mittere sanguinem etiam primo die, sic

TRANSLATION.

that there is no hope without bleeding, and to admit how great the danger may be in this itself: and then to bleed if it shall be required.

In a case of such vital importance, there will be no time for hesitation, for it is preferable to try a doubtful remedy, than none. This ought to be practised particularly in paralysis; when the patient has become speechless; when he is (almost) strangulated with angina; when the paroxysm of a former fever had nearly carried him off, and another equally severe about to follow, although the strength of the patient seem incapable of sustaining it.

But although the extraction of blood ought not to be performed on a patient in a state of crudity, yet even that, is not without exception: for the case may not always admit of delay for concoction. Therefore if a person have been precipitated from some eminence, and bruised, if he vomit blood, caused by some sudden accident; although he may have taken food a little before, yet blood must be taken away immediately from him, lest, having subsided, it afflict the body. The same rule will apply also in all other sudden accidents, which (*are likely to*) produce strangulation. But if the nature of the disease admit of delay, then let it be done when a suspicion of crudity no longer remains: and for this reason, the second or third day of a malady seems the best adapted for that purpose. But as it is necessary sometimes to let blood on the first day, yet it is pernicious after the

numquam utile post diem quartum est, cum jam spatio ipso materia et exhausta est, et corpus corrupit: ut detractio imbecillum id facere possit, non possit integrum. Quod si vehemens febris urget, in ipso impetu ejus sanguinem mittere, hominem jugulare est.

Exspectanda ergo remissio est; si non decrescit, sed crescere desiit, neque speratur remissio, tum quoque, quamvis pejor, sola tamen occasio non omittenda est.

Fere etiam ista medicina, ubi necessaria est, in biduum dividenda est: satius est enim, primum levare ægrum, deinde perpurgare, quam simul omni vi effusa fortasse præcipitare. Quod si in pure quoque aquaque, quæ inter cutem est, ita respondet, quanto magis necesse est in sanguine respondeat? Mitti vero is debet, si totius corporis causa fit, ex brachio; si partis alicujus, ex ea ipsa parte, aut certe quam proxima: quia non ubique mitti potest, sed in temporibus, in brachiis, juxta talos.

Neque ignoro, quosdam dicere, quam longissime sanguinem inde, ubi lædit, esse mittendum: sic enim averti materiæ cursum; at illo modo in idipsum,

ORDO.

est numquam utile post quartum diem, cum et materia est exhausta jam spatio ipso, et corrupit corpus, ut detractio possit facere id imbecillum, non possit integrum. Quod si vehemens febris urget, mittere sanguinem in impetu ipso ejus, est jugulare hominem.

Ergo remissio est exspectanda; sed si non decrescit, desiit crescere, tum quoque, neque remissio speratur, tamen sola occasio non est omittenda, quamvis pejor.

Etiam ista medicina est fere necessaria, ubi est dividenda in biduum: enim est satius, primum levare ægrum, deinde perpurgare, quam fortasse simul præcipitare omni vi effusa. Quod si quoque ita respondet in pure que aqua, quæ est inter cutem, quanto magis est necesse respondeat in sanguine? Vero is debet mitti ex brachio, si causa fit totius corporis; si alicujus partis, ex ea parte ipsa, aut certe quam proxima: quia non potest mitti ubique, sed in temporibus, in brachiis, juxta in talos.

Neque ignoro, quosdam dicere, sanguinem esse mittendum quam longissime inde, ubi lædit: enim sic cursum materiæ averti; at idipsum evocari in illo modo,

TRANSLATION.

fourth, since the material has either been exhausted by the time itself, or it has vitiated the body, so that extraction may produce debility, but cannot make it sound. But during the violence of a fever, to let blood then, in the acmè of its paroxysm, is deliberate homicide. Therefore a remission is to be waited for; if it do not remit, but have ceased to increase, and no remission to be expected; then although the circumstances be less favourable, yet the only chance is not to be omitted.

When this medicinal agent becomes necessary, it would be preferable, were it to be divided, generally, into the space of two days; for it is better at first to relieve the patient, and afterwards to purge him thoroughly, than to dissipate all his strength at once, perhaps to destroy him. Therefore if it succeed in the evacuation of pus from an abscess, or in paracentesis; how much more necessary is it when applied to the extraction of blood?

But if it be intended to relieve the whole body, in that case it ought to be taken from the arm; if for some local affection, it should be drawn from that part itself, or at least as near to it as possible; because it cannot be taken every where, but only in the temples, in the arms, and near the ancles. Neither am I ignorant, that some say it ought to be drawn as far as possible from the injured part; for by *this plan* the course of the blood being averted; whilst by *that* mode, it is directed

quod gravat evocari. Sed id falsum est: proximum enim locum primo exhaurit; ex ulterioribus autem eatenus sanguis sequitur, quatenus emittitur; ubi is suppressus est, quia non trahitur, ne venit quidem.

Videtur tamen usus ipse docuisse, si caput fractum est, ex brachio potius sanguinem esse mittendum; si quod in humero vitium est, ex altero brachio: credo, quia si quid parum cesserit, opportuniores eæ partes injuriæ sunt, quæ jam male habent. Avertitur quoque interdum sanguis, ubi alia parte prorumpens, alia emittitur: desinit enim fluere qua nolumus, inde objectis quæ prohibeant, alio dato itinere.

Mittere autem sanguinem cum sit expeditissimum, usum habenti; tamen ignaro difficillimum est. Juncta enim est vena arteriis, his nervi: ita, si nervum scalpellus attingit, sequitur nervorum distentio, eaque hominem crudeliter consumit. At arteria incisa neque coit, neque sanescit; interdum etiam, ut sanguis vehementer erumpat, efficit. Ipsius quoque venæ, si forte præcisa est, capita comprimuntur, neque sanguinem emittunt. At si timide scalpellus demittitur, summam cutem la-

ORDO.

quod gravat. Sed id est falsum: enim primo exhaurit proximum locum; autem sanguis sequitur ex ulterioribus eatenus, quatenus emittitur; ubi is est suppressus, quia non trahitur, quidem ne venit.

Videtur tamen usus ipse docuisse, si caput est fractum, sanguinem esse mittendum potius ex brachio; si est quod vitium in humero, ex altero brachio: quia credo si quid cesserit parum, eæ partes quæ jam habent male, sunt opportuniores injuriæ. Quoque sanguis interdum avertitur, ubi prorumpens alia pârte, emittitur alia: enim desinit fluere (in ea parte) qua volumus, inde objectis quæ prohibeant, alio itinere dato.

Autem cum sit expeditissimum habenti usum mittere sanguinem; tamen est difficillimum ignaro. Enim vena est juncta arteriis, nervi his: ita, si scalpellus attingit nervum, distentio nervorum sequitur, que ea consumit hominem crudeliter. At incisa arteria neque coit, neque sanescit; interdum etiam efficit, ut sanguis erumpat vehementer. Quoque capita venæ ipsius, si forte est præcisa, comprimuntur, neque emittunt sanguinem. At si scalpellus demittitur timide, lacerat summam cutem, neque

TRANSLATION.

to that part which is affected. But that is false; for it first empties the nearest part of its blood; but that is immediately supplied from the more distant parts, as long as the evacuation is continued; when that is suppressed, it ceases, being no longer attracted to that part.

Yet practice itself seems to have taught us, that if the skull be fractured, blood ought to be taken rather from the arm; if there be any disease in the humerus, a vein is to be opened in the other arm: and I suppose, because, if any thing untoward shall have happened, those parts are more susceptible of injury, which are already diseased. Sometimes also an hæmorrhage is averted, when bursting out in some part, by letting blood in another: for it ceases to flow in that part where we do not wish, means being opposed, (*styptics*); and another outlet being given.

But although venesection be very easy to a practised man, yet to the unskilful it is most difficult. For the vein being joined to the arteries, and the nerves to these; therefore if the lancet should touch the nerve, convulsions ensue, and that cruelly destroys the man. But a wounded artery neither unites, nor heals; sometimes it causes profuse hæmorrhage. Also, if the vein itself happen to be divided, the extremities perchance being compressed, emit no blood. But if the lancet be thrust timidly, it lacerates the skin without opening the vein. Also the vein some-

cerat, neque venam incidit. Nonnumquam etiam ea latet, neque facile reperitur. Ita multæ res id difficile inscio faciunt, quod perito facillimum est.

Incidenda autem ad medium vena est: ex qua cum sanguis erumpit, colorem ejus habitumque oportet attendere. Nam si is crassus et niger est, vitiosus est; ideoque utiliter effunditur: si rubet et pellucet, integer est; eaque missio sanguinis adeo non prodest, ut etiam noceat; protinusque is supprimendus est. Sed id evenire non potest sub eo medico, qui scit ex quali corpore sanguis mittendus sit. Illud magis fieri solet, ut æque niger assidue primo die profluat: quod quamvis ita est, tamen si jam satis fluxit, supprimendus est; semperque ante finis faciendus est, quam anima deficiat. Deligandumque brachium superimposito expresso ex aqua frigida penicillo: et postero die adverso medio digito vena ferienda, ut recens coitus ejus resolvatur, iterumque sanguinem fundat. Sive autem primo, sive secundo die sanguis, qui crassus et niger initio fluxerat, et rubere, et pellucere cœpit, satis materiæ detractum est, atque quod superest, sincerum est: ideoque protinus brachium deligandum, habendumque ita

ORDO.

incidit venam. Nonnumquam etiam ea latet, neque reperitur facile. Ita multæ res faciunt id difficile inscio, quod est facillimum perito.

Autem vena est incidenda ad medium: ex qua cum sanguis erumpit; oportet attendere colorem que habitum ejus. Nam si is est crassus et niger, est vitiosus; que ideo effunditur utiliter: si rubet et pellucet, est integer; que ea missio sanguinis non prodest, adeo ut etiam noceat; que is est supprimendus protinus. Sed id non potest evenire sub eo medico, qui scit ex quali corpore sanguis sit mittendus. Illud solet fieri magis, ut assidue profluat æque niger primo die: quod quamvis ita est, tamen si jam fluxit satis, est supprimendus; que finis est semper faciendus, antequam anima deficiat. Que brachium deligandum penicillo expresso ex aqua frigida superimposito: et postero die vena ferienda adverso medio digito, ut recens coitus ejus resolvatur, que iterum fundat sanguinem. Autem sive sanguis qui fluxerat niger et crassus initio, cœpit et rubere, et pellucere primo, sive secundo die, satis materiæ est adjectum, atque quod superest, est sincerum: que ideo brachium est deligandum protinus, que habendum ita,

TRANSLATION.

times lies hidden, neither is it easily discovered. Thus many things concur to render this a difficult operation to the tyro, which is very easy to a scientific man.

The vein is to be opened at the middle: and as the blood flows from it, (*the surgeon*) ought to attend to its colour and consistence. For if it be thick and black, it is impure: and in that case profitably removed: if it be red and clear, it is sound; and that bleeding is so far from being salutary, that it may even be injurious; and it must be stopped immediately. But that cannot happen to the physician who knows, from what state of body blood is to be taken. It frequently happens, that the blood flows uniformly black on the first day: which although this be so, it must be stopped, when enough has been obtained; and the operation ought always to terminate before syncope. The arm then is to be bound up with a pledget expressed out of cold water laid over it: and on the following day the vein is to be struck with the middle finger, that the recent union may be resolved, and bleed afresh. But blood, whether drawn on the first or second day, which, at first, is thick and black, begins to look red and pellucid, (shows) that a sufficiency has been taken away, and what remains is pure: therefore the arm is to be bound

est, donec valens cicatricula sit; quæ celerrime in vena confirmatur.

ORDO.

donec cicatricula sit valens; quæ confirmatur celerrime in vena.

TRANSLATION.

up immediately, and kept in that position, until the cicatrix be formed, which is very soon accomplished in a vein.

CAP. XI.

DE SANGUINIS DETRACTIONE PER CUCURBITULAS.

CUCURBITULARUM vero duo genera sunt; æneum, et corneum. Ænea, altera parte patet, altera, clausa est: cornea, altera parte æque patens, altera, foramen habet exiguum. In æneam linamentum ardens conjicitur, ac sic os ejus corpori aptatur, imprimiturque, donec inhæreat.

Cornea per se corpori imponitur; deinde, ubi ea parte, qua exiguum foramen est, ore spiritus adductus est, superque cera cavum id clausum est, æque inhærescit. Utraque non ex his tantum materiæ generibus, sed etiam ex quolibet alio recte fit. Ac si cetera defecerunt, caliculus quoque aut pultarius, oris compressioris, ei rei commode aptatur. Ubi inhæsit, si concisa ante scalpello cutis est, sangui-

ORDO.

CAP. XI.

DE DETRACTIONE SANGUINIS PER CUCURBITULAS.

VERO sunt duo genera cucurbitularum; æneum, et corneum. Ænea, patet altera parte, est clausa altera: cornea, patens æque altera parte, habet exiguum foramen altera. Ardens linimentum conjicitur in æneam, ac sic os ejus aptatur corpori, que imprimitur, donec inhæreat.

Cornea imponitur corpori per se; deinde, ubi spiritus est adductus ore ea parte, qua exiguum foramen est, que id cavum est super clausum cera, inhærescit æque. Utraque fit recte non tantum ex his generibus materiæ, sed etiam ex quolibet alio. Ac si cetera defecerunt, quoque caliculus aut pultarius, compressioris oris, aptatur commode ei rei. Ubi inhæsit, si cutis est concisa scalpello ante,

TRANSLATION.

CHAP. XI.

OF CUPPING.

Now there are two kinds of CUPPING INSTRUMENTS; one made of brass, the other of horn. The brazen is open at one end, and close at the other; that of horn is likewise open at one end, and a small foramen in the other. Burning lint is thrown into the brass one, and then its mouth applied to the body, and there pressed until it adhere.

The horn one is applied to the body by itself; and afterwards the air being exhausted by the mouth at that part where the small opening is, and the small orifice immediately closed with wax, it adheres as well as the other. Each of these may be made very properly not only of these materials, but of any other. If nothing else can be had, a small cup, or a narrow-mouthed pipkin will answer the purpose. When it adheres, if the skin have been scarified previously with a lancet,

nem extrahit; si integra est, spiritum. Ergo ubi materia, quæ intus est, lædit, illo modo; ubi inflatio, hoc imponi solet.

Usus autem cucurbitulæ præcipuus est, ubi non in toto corpore, sed in parte aliqua vitium est, quam exhauriri ad confirmandam valetudinem satis est. Idque ipsum testimonium est, etiam scalpello sanguinem, ubi membro succurritur, ab ea potissimum parte, quæ jam læsa est, esse mittendum, quod nemo cucurbitulam diversæ parti imponit, nisi cum profusionem sanguinis eo avertit; sed ei ipsi, quæ dolet, quæque liberanda est.

Opus etiam esse cucurbitula potest in morbis longis, quamvis et iis jam spatium aliquod accessit; sive corrupta materia, sive spiritu male habente: in acutis quoque quibusdam, si et levari corpus debet, et ex vena sanguinem mitti vires non patiuntur. Idque auxilium ut minus vehemens, ita magis tutum; neque umquam periculosum est, etiamsi in medio febris impetu, etiamsi in cruditate adhibetur. Ideoque ubi sanguinem mitti opus est, si incisa vena præceps periculum est, aut si in parte corporis etiam vitium est, huc potius confugiendum

ORDO.

extrahit sanguinem; si est integra, spiritum. Ergo ubi materia, quæ est intus, lædit, solet imponi illo modo; ubi (est) inflatio hoc (modo).

Autem præcipuus usus cucurbitulæ est, ubi vitium non est in toto corpore, sed in aliqua parte, quam exhauriri est satis ad confirmandam valetudinem. Que id ipsum est testimonium, sanguinem esse mittendum, etiam scalpello, ubi succuritur membro, potissimum ab ea parte quæ est jam læsa, quod nemo imponit cucurbitulam diversæ parti, nisi cum avertit profusionem sanguinis eo; sed ei ipsi, quæ dolet, que quæ est liberanda.

Etiam potest esse opus cucurbitula in longis, morbis et quamvis jam aliquod spatium accessit iis; sive habente corrupta materia, sive male spiritu: quoque in quibusdam acutis, si et corpus debet levari, et vires non patiuntur sanguinem mitti ex vena. Que ut id auxilium (est) minus vehemens, ita (est) magis tutum; neque est umquam periculosum, etiamsi adhibetur in medio impetu febris, etiamsi in cruditate. Que ideo ubi est opus sanguinem mitti, si est præceps periculum vena incisa, aut etiam si est vitium in parte corporis, est potius confugiendum huc: tamen

TRANSLATION.

the blood exudes, if the skin be entire, only air. Therefore when the mass of blood is vitiated, it is usual to apply the cup by the former method, when only inflation, by the latter.

But the principal use of the cupping instrument is, when the malady is not general, but local, which being exhausted, is sufficient to restore that part to health: which is of itself a proof that blood ought to be drawn even with the lancet in order to relieve a limb, and especially from the part already injured: because no one applies it to a different part, unless to avert the flux of blood thither, but to the part itself which is affected, and which he ought to relieve.

The cupping apparatus may be usefully applied in chronic diseases, although they may have existed for some considerable time; whether the blood be vitiated or flatus: also in some acute diseases, if the body ought to be relieved, yet the strength seems insufficient to support venesection: and as this remedy is less violent, so it is more safe; nor is it ever dangerous, although it be applied in the height of a febrile paroxysm, or even in crudity. Therefore when there is a necessity for the abstraction of blood, if venesection be attended with much danger, or if the disease be confined to a part, then we must have recourse to this (*instru-*

est: cum eo tamen, ut sciamus, hic ut nullum periculum, ita levius præsidium esse; nec posse vehementi malo, nisi æque vehemens auxilium succurrere.

ORDO.

cum eo, ut sciamus, ut (est) nullum periculum hic, ita præsidium esse levius; nec posse succurrere vehementi malo, nisi auxilium (est) æque vehemens.

TRANSLATION.

ment) in preference: yet with this consideration, that, as we know it to be unattended with danger, so does it give but feeble aid; neither is it possible to relieve a violent disease, except by an equally violent remedy.

CAP. XII.

DE DEJECTIONE.

1. DEJECTIONEM autem antiqui variis medicamentis, crebraque alvi ductione in omnibus pene morbis moliebantur: dabantque aut nigrum veratrum, aut filiculam, aut squamam æris, quam λεπίδα χαλκοῦ Græci vocant; aut lactucæ marinæ lac, cujus gutta pani adjecta abunde purgat; aut lac vel asininum, vel bubulum, vel caprinum, eique salis paulum adjiciebant, decoquebantque id, et sublatis iis, quæ coierant, quod quasi serum supererat, bibere cogebant.

Sed medicamenta stomachum fere lædunt: alvus si vehementius fluit, aut sæpius ducitur, hominem infirmat. Ergo numquam in adversa valetudine medicamentum ejus rei causa recte

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CAP. XII.

DE DEJECTIONE.

AUTEM antiqui moliebantur dejectionem variis medicamentis, que crebra ductione alvi pene in omnibus morbis: que dabant aut nigrum veratrum, aut filiculam, aut squamam æris, quam Græci vocant λεπίδα χαλκοῦ (lepida chalkou); aut lac marinæ lactucæ, gutta cujus adjecta pani purgat abunde; aut lac vel asinum, vel bubulum, vel caprinum, que adjiciebant paulum salis ei, que decoquebant id, et iis quæ coierant, sublatis, cogebant bibere (id) quod supererat quasi serum.

Sed medicamenta fere lædunt stomachum: si alvus fluit vehementius, aut ducitur sæpius, infirmat hominem. Ergo medicamentum numquam datur recte in adversa valetudine causa ejus rei, nisi ubi

TRANSLATION.

CHAP. XII.

OF PURGING.

THE ancients administered various cathartic medicines, and repeated ENEMAS in almost all diseases: and they gave either black hellebore, or polypodium (*male-fern*), or the dross (oxide) of copper, which the Greeks call *lepida kalkou;* or the milk of the marine lettuce (spurge), one drop of which taken on bread, purges copiously; or ass's milk, or that of the cow, or goats, to which they added a little salt, and boiled it down; having abstracted the curds, they compelled their patients to drink the whey.

But medicine is generally offensive to the stomach; and if the bowels be violently purged, or glystered too often, it debilitates the patient. Therefore, in sickness, medicine ought never to be administered with that view, unless the disease be

datur, nisi ubi is morbus sine febre est; ut cum veratrum nigrum aut atra bile vexatis, aut cum tristitia insanientibus, aut iis, quorum nervi parte aliqua resoluti sunt, datur. At ubi febres sunt, satius est ejus rei causa cibos potionesque assumere, qui simul et alant, et ventrem molliant. Suntque valetudinis genera, quibus ex lacte purgatio convenit.

2. Plerumque vero alvus potius ducenda est; quod ab Asclepiade quoque sic temperatum, ut tamen servatum sit, video plerumque sæculo nostro præteriri. Est autem ea moderatio, quam is secutus videtur, aptissima: ut neque sæpe ea medicina tentetur, et tamen semel, vel summum bis, non omittatur, si caput grave est; si oculi caligant; si morbus majoris intestini est, quod Græci κόλον nominant; si in imo ventre, aut in coxa dolores sunt; si in stomachum quædam biliosa concurrunt, vel etiam pituita eo se, humorve aliquis aquæ similis confert; si spiritus difficilius redditur; si nihil per se venter excernit; utique, si juxta quoque stercus est, et intus remanet; aut si stercoris odorem nihil dejiciens æger ex spiritu suo sentit; aut si corruptum est, quod

ORDO.

is morbus est sine febre; ut cum nigrum veratrum datur aut vexatis atra bile, aut insanientibus cum tristitia, aut iis, nervi quorum sunt resoluti aliqua parte. At ubi sunt febres, causa ejus rei est satius assumere cibos, que potiones, qui simul et alant, et molliant ventrem. Que sunt genera valetudinis, quibus purgatio ex lacte convenit.

2. Vero plerumque alvus est potius ducenda; quod, video plerumque præteriri nostro sæculo, quoque temperatum ab Asclepiade sic, ut sit tamen servatum. Autem ea moderatio est aptissima, quam videtur is secutus: ut neque ea medicina tentatur sæpe, et tamen non omittatur semel, vel bis summum, si caput est grave; si oculi caligant; si morbus est majoris intestini, quod Græci nominant κόλον; si sunt dolores in imo ventre, aut in coxa; si quædam biliosa concurrunt in stomachum, vel etiam pituita, ve aliquis humor similis aquæ confert se eo; si spiritus redditur difficilius; si venter excernit nihil per se; utique quoque, si stercus est juxta, et remanet intus; aut si æger deficiens nihil sentit odorem stercoris ex suo spiritu; aut si quod excernitur, est corruptum; aut si

TRANSLATION.

without fever: as when black hellebore is given to those affected with atrabilis, or melancholy madness, or to those who may have paralysis in some part. But where there are fevers, it is preferable to take such foods and drinks of that kind, which will at the same time nourish the patient and mollify the bowels. There are some maladies, to which the milk purgatives are adapted.

2. But generally, the bowels are preferably opened by INJECTIONS; a mode in some degree reprehended by Asclepiades, although admitted by him, yet I see it has fallen into disuse in our age. But that restriction which he seems to have followed, is very proper; that this remedy should neither be too often repeated, nor entirely omitted, but used once, or at most twice, if there be heaviness of the head, or dimness of the eyes; if there be disease of the greater intestine which the Greeks call colon; if there be pain in the pubic region, or in the hip; if there be any bilious accumulation in the stomach, or even phlegm, or some aqueous fluid collected there; if respiration be performed with difficulty; if the bowels do not act spontaneously; if there be scybala retained within the rectum; or if the patient feel a stercoraceous fætor arising from his own breath, whilst his bowels are constipated; or if the excrements be foul; or if the first abstinence have not

excernitur; aut si prima inedia febrem non sustulit; aut si sanguinem mitti, cum opus sit, vires non patiuntur, tempusve ejus rei præteriit; aut si multum ante morbum aliquis potavit; aut si is, quæ sæpe vel sponte, vel casu purgatus est, subito habet alvum suppressam.

Servanda vero illa sunt: ne ante diem tertium ducatur; ne ulla cruditate substante; ne in corpore infirmo, diuque in adversa valetudine exhausto; neve in eo, cui satis alvus quotidie reddit, quive eam liquidam habet; neve in ipso accessionis impetu, quia, quod tum infusum est, alvo continetur, regestumque in caput, multo gravius periculum efficit. Pridie vero abstineri debet æger, ut aptus tali curationi sit: eodem die ante aliquot horas aquam calidam bibere, ut superiores ejus partes madescant. Tum immittenda in alvum est, si levi medicina contenti sumus, pura aqua; si paulo valentiori, mulsa; si leni, ea in qua fœnum Græcum, vel ptisana, vel malva decocta sit; si reprimendi causa, ex verbenis. Acris autem est marina aqua, vel alia sale adjecto: atque utraque decocta commodior est.

ORDO.

prima inedia non sustulit febrem; aut si vires non patiuntur sanguinem mitti, cum sit opus, ve tempus ejus præteriit rei; aut si aliquis potavit multum ante morbum; aut si is, qui est purgatus sæpe vel sponte, vel casu, subito habet suppressam alvum.

Vero illa sunt servanda: ne ducatur ante tertium diem; ne substante ulla cruditate; ne in infirmo corpore que diu exhausto in adversa valetudine; ve ne in eo, cui alvus reddit satis quotidie, ve qui habet eam liquidam; ve ne in impetu ipso accessionis, quia, quod est tum infusum, continetur alvo, que regestum in caput, efficit multo gravius periculum. Vero æger debet abstineri pridie, ut sit aptus tali curationi: eodem die bibere calidam aquam aliquot horas ante, ut superiores partes ejus madescant. Tum pura aqua est immittenda in alvum, si sumus contenti levi medicina; mulsa, si paulo valentiori; si leni, ea in qua Græcum fœnum, vel ptisana, vel malva sit decocta; si causa reprimendi, ex verbenis. Autem est acris marina aqua, vel alia sale adjecta: atque utraque decocta est commodior. Fit

TRANSLATION.

removed a fever; or if the strength be inadequate to sustain the loss of blood, when necessary, or the time for this operation having passed by; or if a patient have drank to excess antecedently to the disease; or if he, who has often been purged naturally, or accidentally, have his bowels suddenly suppressed.

But these precepts are to be observed: that an injection is not to be used before the third day; lest there be indigestion existing; not in a debilitated frame, and exhausted by protracted illness; nor to him whose bowels act daily, in sufficient quantity, nor whose motions are liquid; nor in the acmè of a febrile exacerbation, because that which is then injected, is retained in the bowels, and being thrown back upon the head, produces very serious danger. But the patient ought to abstain one day previously that he may be prepared for such a remedy: to drink warm water some hours before on the same day, that the superior parts may be moistened. Then pure water is to be injected into the bowels, if we be content with a gentle medicine; if a little more powerful, hydromel (20); if it be desirable to have a lenient effect, then a decoction of fœnugreek, or ptisan (21), or mallows; if an astringent, then with vervains. But sea-water, or any other with the addition of salt, is acrid; and both are better when boiled. It may be made more stimu-

Acrior fit, adjecto vel oleo, vel nitro, vel melle: quoque acrior est, eo plus extrahit, sed minus facile sustinetur. Idque quod infunditur, neque frigidum esse oportet, neque calidum; ne alterutro modo lædat.

Cum infusum est, quantum fieri potest, continere se in lectulo debet æger, nec primæ cupiditati dejectionis protinus cedere: ubi necesse est, tum demum desidere. Fereque eo modo dempta materia, superioribus partibus levatis, morbum ipsum mollit. Cum vero, quoties res coegit, desidendo aliquis se exhausit, paulisper debet conquiescere; et, ne vires deficiant, utique eo die cibum assumere: qui plenior, an exiguus sit dandus, ex ratione ejus accessionis, quæ exspectabitur, aut in metu non erit, æstimari oportebit.

ORDO.

acrior vel oleo, vel nitro, vel melle adjecto: que quo est acrior, eo plus extrahit, sed sustinetur minus facile. Que oportet id quod infunditur, esse neque frigidum, neque calidum; ne lædat alterutro modo.

Cum est infusum, æger debet continere se in lectulo, quantum potest fieri, neu cedere primæ cupiditati dejectionis: ubi est necesse, tum demum desidere. Que materia dempta eo modo, fere mollit morbum ipsum, superioribus partibus levatis. Vero, cum aliquis exhausit se, desidendo quoties res coegit, debet conquiescere paulisper; et ne vires deficiant, utique assumere cibum eo die: qui sit dandus plenior, an exiguus, ex ratione ejus accessionis, quæ exspectabitur, aut oportebit æstimari, non erit in metu.

TRANSLATION.

lant, by adding either oil, nitre, or honey: and the more acrid it is, the more it evacuates, but is less easily supported. Enemata ought neither to be cold nor hot, lest they may offend either way.

When injected, the patient ought to confine himself as much as possible in bed, neither ought he to yield immediately to the first inclination of a motion: when at length pressed by necessity, let him deject. The matter carried off by this mode often alleviates the disease itself, by relieving the superior parts. But when a patient has exhausted himself by going to stool as often as he has been compelled, he ought to rest a little while, and, lest his strength may fail, he should take some food, especially on that day: which may be given more, or less, according to the nature of the expected paroxysm, or if there shall be none impending.

CAP. XIII.

DE VOMITU.

At vomitus, ut in secunda quoque valetudine sæpe necessarius biliosis est, sic etiam in iis morbis, quos bilis concitavit. Ergo omnibus, que ante febres

ORDO.

CAP. XIII.

DE VOMITU.

At ut vomitus est quoque necessarius biliosis in secunda valetudine, sic etiam (est) sæpe (necessarius) in iis morbis, quos bilis concitavit. Ergo omnibus,

TRANSLATION.

CHAP. XIII.

OF VOMITING.

As vomiting, even in health, is often salutary to bilious persons, so it is also necessary to those, whose complaints are aggravated by bile. Therefore it is necessary

horrore et tremore vexantur; omnibus, qui cholera laborant; omnibus etiam cum quadam hilaritate insanientibus; et comitiali quoque morbo oppressis necessarius est. Sed si acutus morbus est, sicut in cholera; si febris est, ut inter horrores, asperioribus medicamentis opus non est; sicut in dejectionibus quoque supra dictum est: satisque est, ea vomitus causa sumi, quæ sanis quoque sumenda esse proposui. At ubi longi valentesque morbi sine febre sunt, ut comitialis aut insania, veratro quoque albo utendum est. Id neque hieme, neque æstate recte datur; optime vere; tolerabiliter autumno. Quisquis daturus erit, id agere ante debet, ut accepturi corpus humidius sit. Illud scire oportet, omne ejusmodi medicamentum, quod potui datur, non semper ægris prodesse, semper sanis nocere.

ORDO.

qui vexantur horrore et tremore ante febres; omnibus, qui laborant cholera; etiam omnibus insanientibus cum quadam hilaritate; et quoque est necessarius oppressis comitiali morbo. Sed si morbus est acutus, sicut in cholera; si est febris, ut inter horrores, non est opus asperioribus medicamentis; quoque sicut est dictum supra in dejectionibus: que satis est ea causa, vomitus sumi, esse quæ proposui sumenda quoque sanis. At ubi longi que valentes morbi sunt sine febre, ut comitialis aut insania, est quoque utendum albo veratro. Neque id datur recte hieme, neque æstate; optime vere; tolerabiliter autumno. Quisquis erat daturus, debet agere id ante, ut corpus sit accepturi himidius. Oportet scire illud, omne medicamentum ejusmodi; quod datur potui, non semper prodesse ægris, semper nocere sanis.

TRANSLATION.

to all those who are affected with shivering and trembling before fevers; to all those who are subject to cholera; and all those who are insane accompanied with high excitement: and also those who are affected with epilepsy. But if the disease be acute, as in cholera; or if there be fever, while there are shiverings, the more violent medicines are unnecessary, as it has been observed above in purgings; and it will be sufficient to take those things for a vomit, which I have proposed to be taken by persons in health.

But when diseases have become chronic, rebellious, and unattended with fever, such as epilepsy, or insanity, we must administer even white hellebore: but indeed this medicine would be improper either in winter or in summer; it is given with most advantage in spring: tolerably in autumn. Whoever is about to administer it, ought first to prepare his patient, so that his body may be very moist. It is incumbent to know that every medicament of this kind, which is given by way of potion, is not always salutary to the sick, but to the healthy uniformly pernicious.

CAP. XIV.

DE FRICTIONE.

De frictione vero adeo multa Asclepiades, tamquam inventor ejus, posuit in eo volumine, quod communium auxiliorum inscripsit, ut, cum trium tantum faceret mentionem, hujus et aquæ et gestationis, tamen maximam partem in hac consumpserit. Oportet autem neque recentiores viros in iis fraudare, quæ vel repererunt, vel recte secuti sunt; et tamen ea, quæ apud antiquiores aliquos posita sunt, auctoribus suis reddere.

Neque dubitari potest, quin latius quidem, et dilucidius, ubi et quomodo frictione utendum esset, Asclepiades præceperit; nihil tamen repererit, quod non a vetustissimo auctore Hippocrate paucis verbis comprehensum sit: qui dixit, frictione, si vehemens sit, durari corpus; si lenis, molliri; si multa, minui; si modica, impleri.

Sequitur ergo, ut tum utendum sit, cum aut adstringendum corpus sit, quod hebes est; aut molliendum, quod

ORDO.

CAP. XIV.

DE FRICTIONE.

Vero Asclepiades, tamquam inventor ejus, posuit adeo multa de frictione in eo volumine communium auxiliorum, quod inscripsit, ut, cum faceret mentionem trium tantum, hujus et aquæ et gestationis, tamen consumpserit maximam partem in hac. Autem neque oportet fraudare recentiores viros in iis, quæ vel repererunt, vel sunt secuti recte; et tamen reddere ea, quæ sunt posita apud aliquos antiquiores, suis auctoribus.

Neque potest dubitare, quin Asclepiades præceperit quidem latius, que dilucidius; ubi, et quomodo esset utendum frictione, tamen repererit nihil quod non sit comprehensum paucis verbis a vetustissimo auctore Hippocrates: qui dixit, corpus durari frictione, si sit vehemens; molliri si lenis; minui si multa, impleri si modica.

Ergo sequitur ut sit utendum aut cum corpus quod est hebes sit adstringendum, aut quod induruit molliendum, aut digerendum

TRANSLATION.

CHAP. XIV.

OF FRICTION.

Asclepiades has said so much concerning friction in that volume, which he has entitled "general remedies," as if the inventor of it, that although he only mentions three, namely this, water, and gestation, yet he has employed the greater part of his treatise upon the first. *Now as it is but a duty* incumbent upon us, not to rob the moderns of those things which they have discovered, or judiciously followed, *so it is but an act of justice* to render up those inventions which have been described by some of the ancients to their proper authors.

Nor can it be doubted, that Asclepiades has explained more fully, and more clearly, when, and in what manner we ought to use friction: but he has discovered nothing which has not been comprehended by the most ancient author, Hippocrates, in a few words: who has said, that the body may be hardened by violent friction; if gentle, it softens it; if it be much, it extenuates; if moderate, it increases; therefore it follows, that it may be used to brace up a sluggish

induruit; aut digerendum in eo, quod copia nocet; aut alendum id, quod tenue et infirmum est. Quas tamen species si quis curiosius æstimet (quod jam ad medicum non pertinet) facile intelliget, omnes ex una causa pendere, quæ demit. Nam et adstringitur aliquid, eo dempto, quod interpositum, ut id laxaretur, effecerat; et mollitur, eo detracto, quod duritiem creabat; et impletur, non ipsa frictione, sed eo cibo, qui postea usque ad cutem, digestione quadam relaxatam, penetrat.

Diversarum vero rerum in modo causa est. Inter unctionem autem et frictionem multum interest. Ungi enim, leniterque pertractari corpus, etiam in acutis et recentibus morbis oportet; in remissione tamen, et ante cibum: longa vero frictione uti, neque in acutis morbis, neque increscentibus convenit; præterquam cum phreneticis somnus ea quæritur. Amat autem hoc auxilium valetudo longa, et jam a primo impetu inclinata.

Neque ignoro, quosdam dicere, omne auxilium necessarium esse increscentibus morbis, non cum jam per se finiuntur. Quod non ita se habet. Potest

ORDO.

in eo quod copia nocet. Aut id alendum quod est tenue et infirmum. Tamen quas species si quis æstimet curiosius, (quod jam non pertinet ad medicum,) intellegit facile, omnes pendere ex una causa, quæ demit. Nam et aliquid adstringitur, eo dempto, quod interpositum, effecerat ut id laxaretur; et mollitur, eo detractio quod creabat duritiem, et non impletur, frictione ipsa, sed eo cibo qui postea penetrat usque ad cutem, relaxatum quadam digestione.

Vero causa diversarum rerum est in modo. Autem interest multum inter unctionem et frictionem. Enim oportet corpus ungi, que pertractari leniter, etiam in acutis et recentibus morbis, tamen in remissione, et ante cibum. Vero, neque convenit uti longa frictione, in acutis neque increscentibus morbis; præterquam cum somnus quæritur phreneticis ea. Autem longa valetudo et jam inclinata a primo impetu, amat hoc auxilium.

Neque ignoro quosdam dicere, omne auxilium esse necessarium increscentibus morbis, non cum finiuntur jam per se. Quod non habet se ita. Enim morbus, qui

TRANSLATION.

body; or to soften that which has become indurated; or to discuss superfluity in that body where it is noxious; or to improve that which is delicate and weak.

Now if a person examine more carefully those different species, which is not the province of a physician at present, he will easily comprehend, that all those effects depend on one cause, that is, depletion. For a body becomes braced, by the removal of that, whose interposition, had caused it to be relaxed; and that is softened, by removing the cause which produced the hardness; and that body is filled, not by friction itself, but by that nourishment, which afterwards pervades (*all parts*) as far as the surface, which become relaxed by some digestion. But the cause of these different (and opposite) effects, is in the *modus agendi*.

But there is much difference between UNCTION and FRICTION. For it is necessary to anoint and rub the body gently, even in acute and recent diseases; but this is to be done in the remission and before food: yet, to use long friction, in either acute or increasing diseases, would be improper: except when we employ it to procure sleep on a phrenetic patient. But a chronic disease, and one just inclining to convalescence after the first attack is benefited by this remedy. Nor am I ignorant, that some physicians say that every remedy becomes necessary in progressing diseases, not when they are retrograding spontaneously. But this is

enim morbus, etiam qui per se finem habiturus est, citius tamen adhibito auxilio tolli: quod duabus de causis necessarium est; et ut quam primum bona valetudo contingat; et ne morbus, qui remanet, iterum, quamvis levi de causa, exasperetur. Potest morbus minus gravis esse, quam fuerit, neque ideo tamen solvi, sed reliquiis quibusdam inhærere, quas admotum aliquod auxilium discutit.

Sed ut, levata quoque adversa valetudine, recte frictio adhibetur; sic numquam adhibenda est febre increscente: verum, si fieri poterit, cum ex toto corpus ea vacabit; sin minus, certe cum ea remiserit. Eadem autem modo in totis corporibus esse debet, ut cum infirmus aliquis implendus; modo in partibus, aut quia ipsius ejus membri imbecillitas id requirit, aut quia alterius. Nam et capitis longos dolores ipsius frictio levat; non in impetu tamen doloris: et membrum aliquod resolutum ipsius frictione confirmatur. Longe tamen sæpius aliud perfricandum est, cum aliud dolet; maximeque cum a summis, aut a mediis partibus corporis evocare materiam volumus; ideoque extremas partes per-

ORDO.

est habiturus finem etiam per se, tamen potest tolli citius, auxilio adhibito, quod est necessarium de duabus causis; et ut bona valetudo contingat quam primum; et ne morbus qui remanet, exasperetur iterum quamvis de levi causa. Morbus potest esse minus gravis, quam fuerit, neque tamen ideo solvi, sed inhærere quibusdam reliquiis, quas aliquod auxilium admotum discutit.

Sed ut, frictio adhibetur recte, quoque levata adversa valetudine recte, sic est nunquam adhibenda febre increscente: verum, si poterit fieri cum corpus vacabit ea ex toto; sin minus certe cum ea remiserit. Autem eadem debet esse modo in totis corporibus, ut cum aliquis infirmus (est) implendus; modo in partibus, aut quia imbecillitas ejus membri ipsius aut quia alterius requirit id. Nam et frictio levat longos dolores capitis ipsius, tamen non in impetu doloris, et aliquod resolutum membrum confirmatur frictione ipsius. Tamen longe sæpius aliud est perfricandum, quum aliud dolet: que maxime quum volumus evocare materiam a summis aut a mediis partibus corporis; que ideo perfricamus extremas partes. Neque sunt

TRANSLATION.

not so: for a disease which is about to terminate of itself, may still be accelerated by the application of a remedy, which is necessary for two reasons; both that health may be restored as soon as possible; and lest the disease, which still remains, may be exasperated again, although from a slight cause. For a disease may be less violent than it has been, yet not so far removed, but remains lurking in the system, which some applicable remedy might discuss.

But as friction is very properly exhibited for the relief of convalescent persons; it never ought to be employed in progressing fevers: but if it can be done, when the body enjoys entire freedom from it; if otherwise, certainly, when it has remitted. The same ought to be done over the whole body, as for instance, when we wish to improve the habit of some infirm person; sometimes partial, either because the weakness of that limb itself, or of some other may require it. For friction mitigates chronic pains of the head itself, but not to be applied in the paroxysms of pain; and sometimes the strength of a paralysed limb is restored by rubbing of it. Yet when one limb is to be rubbed for the relief of another, it must be done oftener: and most especially when we wish to effect a revulsion of the matter from the upper or middle parts of the body; and for this intention we rub the extremities.

fricamus. Neque audiendi sunt, qui numero finiunt, quoties aliquis perfricandus sit. Id enim ex viribus hominis colligendum est: et si is perinfirmus est, potest satis esse quinquagies; si robustior, potest ducenties esse faciendum; inter utrumque deinde, prout vires sunt. Quo fit, ut etiam minus sæpe in muliere, quam in viro; minus sæpe in puero, vel sene, quam in juvene, manus dimovendæ sint. Denique, si certa membra perfricantur, multa valentique frictione opus est. Nam neque totum corpus infirmari cito per partem potest, et opus est quam plurimum materiæ digeri, sive idipsum membrum, sive per id aliud levamus. At ubi totius corporis imbecillitas hanc curationem per totum id exigit, brevior esse debet et lenior; ut tantummodo summam cutem emolliat, quo facilius capax ex recenti cibo novæ materiæ fiat. In malis jam ægrum esse, ubi exterior pars corporis friget, interior cum siti calet, supra posui. Sed tunc quoque unicum in frictione præsidium est; quæ si calorem in cutem evocavit, potest alicui medicinæ locum facere.

ORDO.

audiendi qui finiunt numero, quoties aliquis sit perfricandus. Enim id est colligendum ex viribus hominis; ut quinquagies potest esse satis, si quis est perinfirmus; si est robustior potest esse faciendum ducenties: deinde inter utrumque prout vires sunt. Quo fit ut manus sint dimovendæ minus sæpe in muliere, quam in viro, minus sæpe in puero vel sene, quam in juvene. Denique si certa membra perfricantur, opus est multa, que valenti frictione. Nam neque potest totum corpus infirmari per partem cito, et est opus quamplurimum materiæ digeri, sive levamus id membrum ipsum, sive aliud per id. At ubi imbecillitas totius corporis exigit hanc curationem per totum, id debet esse brevior et lenior; ut emolliat summam cutem tantummodo, quo fiat facilius capax novæ materiæ ex recenti cibo. Posui supra, ægrum esse jam in malis ubi exterior pars corporis friget, interior calet cum siti. Sed tunc quoque unicum præsidium est in frictione, quæ si evocavit calorem in cutem, potest facere locum alicui medicinæ.

TRANSLATION.

Nor are those persons to be regarded, who define the number of times a patient ought to be rubbed: for that is to be determined by the man's strength; so, that fifty times may be sufficient, if the person be very infirm; if more robust, it may be done two-hundred times: and so on, proportioned to the strength of each. Which must be done, so, that the motions of the hands be less rapid on a female, than on a man; less frequent on a child, or an old person, than on a young man. Finally, if certain limbs are to be rubbed, they require much and powerful friction: for the whole body cannot be debilitated rapidly by a part, and there is a necessity for dissipating as much as possible of the matter, whether we relieve that limb itself, or another by this. But when general debility of the system requires the employment of this treatment, it ought to be of shorter duration, and more gentle in application; so that it may only soften the surface of the skin, and render it more capacious for the reception of new material formed from fresh nourishment. I have stated above, that the patient is in a bad way when the surface of his body is cold, while internally he is hot and thirsty. But even then, the only safeguard is in friction, which, if it have promoted a warmth on the skin, it may facilitate the employment of other means.

CAP. XV.

DE GESTATIONE.

GESTATIO quoque longis et jam inclinatis morbis aptissima est: utilisque est et iis corporibus, quæ jam ex toto febre carent; sed adhuc exerceri per se non possunt; et iis, quibus lentæ morborum reliquiæ remanent, neque aliter eliduntur. Asclepiades etiam in recenti vehementique, præcipueque ardente febre, ad discutiendam eam, gestatione dixit utendum: sed id periculose fit; meliusque quiete ejusmodi impetus sustinetur. Si quis tamen experiri volet, sic experiatur, si lingua non erit aspera, si nullus tumor, nulla durities, nullus dolor visceribus, aut capiti, aut præcordiis suberit. Et ex toto numquam gestari corpus dolens debet, sive id in toto, sive in parte est; nisi tamen solis nervis dolentibus; neque umquam increscente febre, sed in remissione ejus.

Genera autem gestationis plura sunt; quæ adhibenda sunt et pro viribus cujusque, et pro opibus; ne aut imbecillum hominem nimis digerant, aut hu-

ORDO.

CAP. XV.

DE GESTATIONE.

GESTATIO quoque est aptissima longis morbis et jam inclinatis: que est utilis et in iis corporibus quæ jam carent febre ex toto sed adhuc non possunt exerceri per se; et iis quibus lentæ reliquiæ morborum remanent, neque eliduntur aliter. Asclepiades dixit utendum gestatione, etiam in recenti que vehementi, que præcipue ardente febre, ad discutiendam eam; sed id fit periculose; que impetus ejusmodi sustinetur melius quiete. Tamen siquis volet experiri, experiatur sic, si lingua non erit aspera, si nullus tumor, nullo durities, nullus dolor suberit visceribus, aut capiti, aut præcordiis. Et ex toto corpus dolens, nunquam debet gestari, sive id est in toto, sive in parte. Nisi tamen nervis solis dolentibus: neque unquam, febre increscente, sed in remissione ejus.

Autem sunt plura genera gestationis; quæ sunt adhibenda, et pro viribus et opibus cujusque; ne digerant imbecillum hominem nimis, aut ne desint

TRANSLATION.

CHAP. XV.

OF GESTATION.

GESTATION also is well adapted to chronic and regressing diseases: and it is also useful to those who are entirely free from fever, but are unable to be exercised by their own efforts; and to those in whom the lingering sequelæ of diseases still remain, nor can they be excorporated otherwise. Asclepiades said that gestation is to be used even in a recent and violent fever; and especially in an ardent one, in order to shake it off: but that is attended with danger, and an impetus of that disease is better sustained by rest. Yet if any one wish to try it, let him do it when the tongue is not rough, when there is no swelling, no induration, no pain, either in the viscera, the head, or præcordia. Hence, a body in pain ought never to be carried, whether it be in the whole, or in a part, unless the nerves alone be in pain: nor in the increase of a fever, but in the remission of it.

There are many kinds of gestation: which are to be employed both according to the strength and the resources of each individual; lest they over-exhaust the weak

mili desint. Lenissima est navi, vel in portu, vel in flumine; vehementior vel in alto mari nave, vel lectica; etiamnum acrior vehiculo. Atque hæc ipsa et intendi et leniri possunt. Si nihil horum est, suspendi lectus debet, et moveri: si ne id quidem est, at certe uni pedi subjiciendum fulmentum est, atque ita lectus huc et illuc manu impellendus.

Et levia quidem genera exercitationis infirmis conveniunt: valentiora vero iis, qui jam pluribus diebus febre liberati sunt; aut iis, qui gravium morborum initia sic sentiunt, ut adhuc febre vacent (quod et in tabe, et in stomachi vitiis, et cum aqua cutem subiit, et interdum in morbo regio fit) aut ubi quidam morbi, qualis comitialis, qualis insania est, sine febre, quamvis diu, manent. In quibus affectibus ea quoque genera exercitationum necessaria sunt, quæ comprehendimus eo loco, quo, quemadmodum sani, neque firmi homines se gererent, præcepimus.

ORDO.

humili. Lenissima est navi, vel in portu vel in flumine; (est) vehementior nave vel in alto mari vel lectica: etiamnum (est) acrior vehiculo. Atque hæc ipsa possunt et intendi et leniri. Si est nihil horum, lectus debet suspendi et moveri, si nequidem id est, at certe fulmentum (est) subjiciendum uni pedi, atque ita lectus est impellendus huc et illuc manu.

Et quidem levia genera exercitationis conveniunt infirmis: vero valentiora iis, qui liberati sunt febre jam pluribus diebus; aut iis qui sic sentiunt initia gravium morborum, ut vacent febre adhuc, (quod fit, et in tabe, et in vitiis stomachi, et cum aqua subiit cutem, et interdum in regio morbo,) aut ubi quidam morbi qualis comitialis est, qualis insania, manent sine febre quamvis diu. In quibus affectibus quoque ea genera exercitationum sunt necessaria quæ comprehendimus eo loco quo præcepimus quemadmodum sani, neque firmi homines gererent se.

TRANSLATION.

man, nor be beyond the reach of the poor man. The most gentle gestation, is that of a ship, either in a harbour or in a river; the more violent is on the high sea, or in a suspension-couch; more violent still is that of a carriage. Indeed each of these may be rendered more or less gentle. If there be none of these things within a man's reach, a bed ought to be suspended, and agitated from side to side, if there be not even that, a prop is to be put under one foot (22), *and by this fulcrum*, the bed is to be propelled backwards and forwards by the hand.

Indeed the lighter kinds of exercise are adapted to the infirm: but more vehement to those who have already been freed from fever for several days; or to those who feel the first indications of severe diseases, although they may be as yet free from fever, (which happens both in consumption, in complaints of the stomach, in dropsies, and sometimes in jaundice;) or when some maladies, such as epilepsy (23) or insanity, although they remain for a long time without fever. In which affections, those kinds of exercises are also necessary, which we have comprehended in that place, where we have prescribed rules for the management and conduct of healthy, but delicate persons.

CAP. XVI.

DE ABSTINENTIA.

ABSTINENTIÆ vero duo genera sunt: alterum, ubi nihil assumit æger; alterum, ubi non nisi quod oportet. Initia morborum primum famem, sitimque desiderant: ipsi deinde morbi, moderationem, ut neque aliud quam expedit, neque ejus ipsius nimium sumatur. Neque enim convenit juxta inediam protinus satietatem esse. Quod si sanis quoque corporibus inutile est, ubi aliqua necessitas famem fecit; quanto inutilius est in corpore etiam ægro? Neque ulla res magis adjuvat laborantem, quam tempestiva abstinentia.

Intemperantes homines apud nos, ipsi cibi tempora curantibus dant. Rursus alii, tempora medicis pro dono remittunt, sibi ipsis modum vindicant. Liberaliter agere se credunt, qui cetera illorum arbitrio relinquunt, in genere

ORDO.

CAP. XVI.

DE ABSTINENTIA.

VERO sunt duo genera abstinentiæ: alterum ubi æger assumit nihil: alterum ubi, non nisi quod oportet. Primum initio morborum desiderant famem que sitim: deinde moderationem morbi ipsi, ut neque aliud sumatur quam expedit, neque nimium ejus ipsius. Enim neque convenit satietatem esse protinus juxta inediam. Quod si est inutile quoque sanis corporibus, ubi aliqua necessitas fecit famem, quanto inutilius est in corpore etiam ægro? Neque ulla res adjuvat magis laborantem quam tempestiva abstinentia.

Intemperantes homines ipsi apud nos dant tempora cibi curantibus. Rursus alii remittunt tempora medicis pro dono, vindicant modum sibi ipsis. Credunt se agere liberaliter, qui relinquunt cætera arbitrio illorum, (sed) sunt liberi in genere cibi; quasi

TRANSLATION.

CHAP. XVI.

OF ABSTINENCE.

Now there are two kinds of ABSTINENCE; one when the patient takes nothing; another when he only takes what is barely necessary for him. First, the commencement of diseases requires hunger and thirst as an indispensable prerequisite: afterwards the diseases themselves require *dietetic* regulation, so that nothing but what is proper may be taken, nor too much of that itself. For it is not fit that satiety, should be immediately followed by hunger. But if it prove hurtful even to healthy persons, when by some necessity hunger has become expedient; how much more hurtful is it in a body already diseased? Nor can any thing alleviate the sick more than seasonable abstinence.

Intemperate men among us, prescribe for themselves the times of eating, but leave the quantity (24) to their attendants. Others again surrender the times to the discretion of the physicians for a fee, but reserve to themselves the privilege of determining the quantity. There are some who imagine themselves to act liberally, who relinquish every thing else to the judgement of their physicians, but are at liberty to choose the kind of food, as if it were asked—*What is the extent of a physician's*

cibi liberi sunt; quasi quæratur, quid medico liceat, non quid ægro salutare sit. Cui vehementer nocet, quoties in ejus, quod assumitur, vel tempore, vel modo, vel genere peccatur.

ORDO.

quæratur, quid liceat medico, non quid sit salutare ægro. Cui nocet vehementer, quoties peccatur, vel tempore, vel modo, vel genere ejus quod assumitur.

TRANSLATION.

authority, not what may be salutary to the patient; who is seriously injured, as often as he offends, either in the time, quantity, or quality, of his nourishment taken.

CAP. XVII.

DE SUDORE.

SUDOR etiam duobus modis elicitur: aut sicco calore, aut balneo. Siccus calor est, et arenæ calidæ, et laconici, et clibani, et quarumdam naturalium sudationum, ubi terra profusus calidus vapor ædificio includitur, sicut super Baias in myrtetis habemus. Præter hæc, sole quoque, et exercitatione movetur. Utiliaque hæc genera sunt, quoties humor intus nocet, isque digerendus est. Ac nervorum quoque quædam vitia sic optime curantur. Sed cetera infirmis possunt convenire: sol, et exercitatio tantum robustioribus; qui tamen sine febre, vel inter initia morborum, vel etiam gravibus morbis

ORDO.

CAP. XVII.

DE SUDORE.

SUDOR etiam elicitur duobus modis; aut sicco calore, aut balneo. Siccus calor est et calidæ arenæ, et laconici et clibani, et quarumdam naturalium sudationum, ubi calidus vapor profusus terra includitur ædificio, sicut habemus in myrtetis super Baias. Præter hæc movetur quoque sole, et exercitatione. Que hæc genera sunt utilia, quoties humor intus nocet, que is est digerendus. Ac quoque quædam vitia nervorum curantur optime sic. Sed cætera possunt convenire infirmis: sol et exercitatio tantum robustioribus; qui (sunt) sine febre tamen tenentur vel inter initia morborum, vel etiam gravibus morbis.

TRANSLATION.

CHAP. XVII.

OF PERSPIRATION.

Now sweating is elicited in two ways, either by a dry heat, or by a bath. Dry heat is produced by hot sand, the Laconicum, (25) and Clibanum, and some natural sweating places where the hot vapour exhaled from the earth is inclosed by a building, such as we have in the Myrtle-groves above Baiæ (26). Besides these, it is also excited by the sun and exercise: and these last kinds are useful when the vitiated humour within offends, and must be dispersed. Also some complaints of the nerves are treated best in this manner. But the other methods are best adapted for the weak: the sun and exercise alone for the more robust; who, being free from fever, yet they are held under the influence of incipient diseases, or

ıtur. Cavendum autem est, ne horum vel in febre, vel in cruditate tur.

t balnei duplex usus est. Nam), discussis febribus, initium cibi oris, vinique firmioris, valetudini ; modo febrem ipsam tollit. Fere adhibetur, ubi summam cutem re-i, evocarique corruptum humorem, abitum corporis mutari expedit. qui timidius eo utebantur: Asades audacius. Neque terrere au-ea res, si tempestiva est, debet: tempus, nocet. Quisquis febre atus est, simulatque ea uno die accessit, eo qui proximus est, post ıus accessionis, tuto lavari potest. i circuitum habere ea febris solita sic ut tertio, quartove die reverta-quandocumque non accessit, bal-ı tutum est.

anentibus vero adhuc febribus, si sunt lentæ, lenesque jamdiu male nt, recte medicina ista tentatur: eo tamen, ne præcordia dura sint, ea tumeant, neve lingua aspera sit, aut in medio corpore, aut in ca-dolor ullus sit, neve tum febris in-at. Et in iis quidem febribus, quæ

ORDO.

Autem est cavendum ne quid horum tentetur, vel in febre vel in cruditate.

At usus balnei est duplex. Nam modo febribus discussis, facit initium plenioris cibi que firmioris vini valetudine; modo tollit febrem ipsam. Que adhibitur fere ubi expedit summam cutem relaxari, que corruptum humorem evocari et habitum corporis mutari. Antiqui utebantur eo timidius: Asclepiades audacius. Autem neque ea res debet terrere, si est tempestiva; ante tempus nocet. Quisquis est liberatus febre, simulatque ea non accessit uno die; eo qui est proximus post tempus accessionis potest lavari tuto. At si ea febris solita est habere circuitum sic ut revertatur tertio, vel quarto die, quandocumque non accessit, balneum est tutum.

Vero febribus adhuc manentibus, si hæ sunt lentæ que lenes, habent male jam diu, ista medicina tentatur recte: tamen ne præcordia sint dura cum eo, neve ea tumeant, neve lingua sit aspera, neve sit ullus dolor, aut in medio corpore aut in capite, neve tum febris increscat. Et quidem in iis febribus quæ habent certum

TRANSLATION.

in severe diseases (27). But we must be guarded against trying any of , either in fever or in crudity.

t the use of the bath is twofold. For sometimes, the fever being removed, it ıres the patient for a fuller diet, and stronger wine for the convalescent: imes it even carries off a fever itself. It is employed generally when it is lient to relax the surface of the skin, to excorporate the corrupt and peccant ur, and a *bad* habit of body to be changed. The ancients used it with much ıty: Asclepiades more fearlessly. But it ought not to alarm any one, if it be ıyed seasonably; it is injurious when prematurely applied. If a person have relieved of a fever, and experience no accession for one entire day, on the eding day he may bathe with safety, after the usual time of the accession. f that fever have been accustomed to run a circuitous course, making a pe-al return on the third, or fourth day, if that be passed over without an ac-n; the bath is safe.

t during the continuance of fever, if these be slow, and there be chronic disease spleen, this remedy may be rightly employed, but upon this condition, that præcordia be not hard, or swollen, or the tongue rough, and that there be no either in the trunk of the body, or the head, and that the fever be not progressing. Indeed in those fevers which have a certain round, there are

certum circuitum habent, duo balnei tempora sunt; alterum, ante horrorem; alterum, febre finita: in iis vero, qui lentis febriculis diu detinentur, cum aut ex toto recessit accessio; aut, si id non solet, certe lenita est, jamque corpus tam integrum est, quam maxime esse in eo genere valetudinis solet.

Imbecillus homo, iturus in balneum, vitare debet, ne ante frigus aliquod experiatur: ubi in balneum venit, paulisper resistere, experirique, num tempora adstringantur, et an sudor aliquis oriatur: illud si incidit, hoc non secutum est, inutile eo die balneum est; perungendusque is leniter, et auferendus est, vitandumque omni modo frigus, et abstinentia utendum.

At si temporibus integris, primum ibi, deinde alibi sudor incipit, fovendum os aqua calida; tum in solio desidendum est; atque ibi quoque videndum, num sub primo contactu aquæ calidæ summa cutis inhorrescat: quod vix tamen fieri potest, si priora recte cesserunt; certum id autem signum inutilis balnei est. Ante vero, quam in aquam calidam se demittat, an postea aliquis perungi debeat, ex ratione valetudinis suæ cognoscat. Fere tamen,

ORDO.

circuitum, sunt duo tempora balnei: alterum ante horrorem, alterum, febre finita: vero in iis qui detinentur diu lentis febriculis, cum accessio aut recessit ex toto; aut si id non solet certe est lenita, que corpus est jam tam integrum, quam maxime solet esse in eo genere valetudinis.

Imbecillus homo, iturus in balneum, debet vitare frigus, ne aliquod experietur ante: ubi venit in balneum resistere paulisper, que experiri, nnm tempora adstringantur, et an aliquis sudor oriatur: si illud incidit hoc non secutum est, balneum est inutile eo die; que is est perungendus leniter et auferendus, que (est) vitandum frigus omni modo, et utendum abstinentia.

At si temporibus integris sudor incipit primum ibi, deinde alibi, os (est) fovendum calida aqua, tum desidendum in solio, atque quoque videndum ibi, num sub primo contactu calidæ aquæ, summa cutis inhorrescat: quod vix potest fieri, tamen si priora cesserunt recte: autem id est certum signum balnei inutilis. Vero aliquis cognoscat ex ratione suæ valetudinis, an debeat perungi ante (vel) postea quam demittat se in calidam aquam. Tamen

TRANSLATION.

two periods of bathing; the one before shivering; the other when the paroxysm is over: but those who have had lingering fevers for a long time, ought to use it, either when the accession has entirely subsided; or, if that be not regular, at least when it has been alleviated, and the body has now become as sound as usual in that state of illness.

A weak man, about to enter the bath, should guard against previous cold; and when he has come into the bath he ought to wait a little, and ascertain whether his temples be constricted, and whether he begin to perspire: if the former have taken place, and the latter not followed, the bath on that day would be injurious; he is to be anointed gently and borne away; to avoid cold by all means, and to practise abstinence.

But if his temples be sound, and perspiration first appear there, afterwards in other parts, he should in that case foment his mouth with warm water, then descend into the solium, and even there to observe whether the first contact with the hot water on the skin produce shivering: which can scarcely happen, if the former circumstances have occurred favourably: hence it is a certain sign of a bath being injurious. Now a person may know from the nature of his constitution, whether he ought to anoint before or after going into the warm bath. Yet generally, (unless it shall be

nisi ubi nominatim, ut postea fiat, præcipietur, moto sudore leniter corpus perungendum; deinde in aquam calidam demittendum est. Atque hic quoque habenda virium ratio est, neque committendum, ut per æstum anima deficiat; sed maturius is auferendus, curioseque vestimentis involvendus est, ut neque ad eum frigus aspiret, et ibi quoque, antequam aliquid assumat, insudet.

Fomenta quoque calida sunt, milium, sal, arena; quodlibet eorum calefactum, et in linteum conjectum; si minore vi opus est, etiam solum linteum; at si majore, extincti titiones, involutique panniculis, et sic circumdati. Quin etiam calido oleo replentur utriculi; et in vasa fictilia, a similitudine quas lenticulas vocant, aqua conjicitur; et sal sacco linteo excipitur, demittiturque in aquam bene calidam, tum super id membrum, quod fovendum est, collocatur. Juxtaque ignem, ferramenta duo sunt, capitibus paulo latioribus: alterumque ex his demittitur in eum salem, et aqua super leviter aspergitur; ubi frigere cœpit, ad ignem refertur, et idem in altero fit; deinde invicem in utroque: inter quæ descendit salsus et calidus succus, qui contractis aliquo morbo ner-

ORDO.

fere nisi præcipietur nominatim ut fiat postea corpus perungendum leniter sudore moto: deinde est demittendum in calidam aquam. Atque hic quoque ratio virium est habenda, neque committendum ut anima deficiat per æstum; sed is est auferendus maturius que involvendus curiose vestimentis, ut neque frigus aspiret ad eum et insudet ibi quoque antequam assumat aliquid.

Quoque calida fomenta sunt milium, sal, arena, quodlibet eorum calefactum, et conjectum in linteum; si est opus minore vi, etiam linteum solum: at si majore, titiones extincti que involuti panniculis, et sic circumdati. Quin etiam utriculi replentur calido oleo; et aqua conjicitur in fictilia vasa, quas vocant lenticulas a similitudine; et sal excipitur linteo sacco, que demittitur in bene calidam aquam; tum collocatur super id membrum quod est fovendum. Que duo ferramenta sunt juxta ignem, capitibus paulo latioribus; que alterum ex his demittitur in eum salem et aqua aspergitur leviter super; ubi cœpit frigere, refertur ad ignem, et idem fit in altero; deinde invicem in utroque: inter quæ salsus et calidus succus descendit, qui opitulatur nervis contractis aliquo morbo.

TRANSLATION.

prescribed particularly,) it may be done afterwards, the perspiration having been excited, the body is to be anointed gently, then he is to descend into the hot bath. Here again regard must be had to the strength, nor ought he to be committed to himself, lest fainting take place from the heat: but he is to be borne away quickly, and enveloped carefully in a garment, that the cold may not affect him, and there too he ought to perspire before he takes any thing.

There are also warm fomentations of millet-seed, of salt, or of sand: any one of these being made hot, and put into a linen cloth; if less heat be required, even a linen towel alone; but if much heat be desired, then extinguished fire-brands wrapt up in cloths, and so applied around. Besides these, small leathern-bottles are filled with hot oil, and water poured into earthen vessels, which from the resemblance, they call "little lentils:" and salt is put into a linen bag, and dipped in very hot water; then laid on that limb which is to be fomented. Again two irons are to be put into the fire with broad heads; and one of these is to be inserted into that salt, and the water lightly sprinkled over it; when it has begun to cool, it is to be replaced in the fire again, and the same is to be done with the other; and so on alternately: during which a hot saline juice exudes, which relieves contractions of the nerves from some disease.

vis opitulatur. His omnibus commune est, digerere id, quod vel præcordia onerat, vel fauces strangulat, vel in aliquo membro nocet. Quando autem quoque utendum sit, in ipsis morborum generibus dicetur.

ORDO.

Est commune omnibus his digere id quod vel onerat præcordia, vel strangulat fauces, vel nocet in aliquo membro. Autem quando sit utendum quoque dicitur in generibus morborum ipsis.

TRANSLATION.

All of them have one property in common, to disperse that which either oppresses the præcordia or suffocates the fauces, or injures any limb. But the time of using each of these will be pointed out in the species of diseases themselves.

CAP. XVIII.

QUI CIBI POTIONESVE, AUT VALENTIS, AUT MEDIÆ, AUT IMBECILLÆ MATERIÆ SINT.

CUM de iis dictum sit, quæ detrahendo juvant; ad ea veniendum est, quæ alunt, id est cibum, et potionem. Hæc autem non omnium tantum morborum, sed etiam secundæ valetudinis communia præsidia sunt: pertinetque ad rem, omnium proprietates nosse; primum, ut sani sciant, quomodo his utantur; deinde, ut exsequentibus nobis morborum curationes, liceat species rerum, quæ assumendæ erunt, subjicere, neque necesse sit subinde singulas eas nominare.

Scire igitur oportet, omnia legumina, quæque ex frumentis panificia sunt, generis valentissimi esse, (valentissimum voco, in quo plurimum alimenti est,)

ORDO.

CAP. XVIII.

CIBI, VE POTIONES QUI SINT AUT VALENTIS, AUT MEDIÆ, AUT IMBECILLÆ MATERIÆ.

CUM sit dictum de iis quæ juvant detrahendo: est veniendum ad ea, quæ alunt, id est, cibum et potionem. Autem hæc sunt communia præsidia non tantum omnium morborum, sed etiam secundæ valetudinis: que pertinet ad rem; nosse proprietates omnium; primum, ut sani sciant, quomodo utantur his; deinde ut liceat nobis, exsequentibus curationes morborum, subjicere species rerum quæ erunt assumendæ, neque sit necesse subinde nominare eas singulas.

Igitur oportet scire omnia legumina que panificia quæ sunt (facti) ex frumentis, esse valentissimæ generis: (voco valentissimum in quo est plurimum alimenti). Item

TRANSLATION.

CHAP. XVIII.

OF THE VARIOUS KINDS OF FOOD AND DRINK.

As we have treated of those things which assist depletion, we must now proceed to those which nourish us, that is food and drink. Now these are not only the common supports in all diseases, but even of health too: and it is our duty to know the essential properties of all; first, that the healthy may know in what manner they are to use them; and again, that it may be allowed to us, while following up the treatment of diseases, to suggest the kinds of food which will be proper to take, that it may not be necessary to name them, one by one, upon every occasion.

Therefore it behoves us to know, that all pulse, and the bread which is made of corn, are of the *strongest class:* (I call that the strongest, in which there is the most

item omne animal quadrupes domi natum; omnem grandem feram, quales sunt caprea, cervus, aper, onager; omnem grandem avem, quales sunt anser, et pavo, et grus; omnes belluas marinas, ex quibus cetus est, quæque his pares sunt: item mel, et caseum.

Quo minus mirum est, opus pistorium valentissimum esse, quod ex frumento, adipe, melle, caseo constat. In media vero materia numerari ex oleribus debere ea, quorum radices, vel bulbos assumimus; ex quadrupedibus, leporem; aves omnes a minimis ad phœnicopterum; item pisces omnes, qui salem non patiuntur, solidive saliuntur. Imbecillissimam vero materiam esse, omnem caulem oleris, et quidquid in caule nascitur, qualis est cucurbita, et cucumis, et capparis; omnia poma, oleas, cochleas, itemque conchylia. Sed quamvis hæc ita discreta sint, tamen etiam, quæ sub eadem specie sunt, magna discrimina recipiunt; aliaque res alia vel valentior est, vel infirmior.

Siquidem plus alimenti est in pane, quam in ullo alio: firmius est triticum, quam milium; idipsum, quam hordeum; et ex tritico firmissima siligo, deinde simila, deinde cui nihil ademptum

ORDO.

omne quadrupes animal natum domi; omnem grandem feram, quales sunt caprea, cervus, aper, onager; omnem grandem avem quales sunt auser, et pavo, et grus, omnes marinas belluas ex quibus est cetus, que quæ sunt pares his: item mel et caseum.

Quo est minus mirum, opus pistorium esse valentissimum, quod constat ex frumento, adipe, melle, caseo: vero ex oleribus ea debere numerari in media materia, radices, vel bulbos quorum assumimus; ex quadrupedibus leporem; omnes aves a minimis ad phœnicopterum; item omnes pisces, qui patiuntur non salem ve saliuntur solidi. Vero imbecillissimam materiam esse, omnem caulem oleris, et quicquid nascitur in caule, qualis est cucurbita, et cucumis, et capparis: omnia poma, oleas, cochleas, que item conchylia. Sed quamvis hæc ita sint discreta, tamen etiam quæ sunt sub eadem specie, recipiunt magna discrimina: que alia res est vel valentior, vel infirmior (quam) alia.

Siquidem est plus alimenti in pane, quam in ullo alio: triticum est firmius quam millium; id ipsum, quam hordeum, et ex tritico siligo (est) firmissima, deinde simila, deinde cui nihil ademptum

TRANSLATION.

nutriment:) also every quadruped animal reared at home; all large wild animals, such as the roe, the stag, the boar, the wild-ass; all large fowl, such as the goose, the peacock and the crane; all the great sea fish, among which is the whale (28), and those of a similar kind; also honey and cheese. Therefore, it is the less wonderful, that that compound of the baker is so strong, which is composed of grain, lard, honey and cheese.

But pot-herbs ought to be enumerated in the second class *or intermediate* materials, whose roots, or bulbs, we use for food: of quadrupeds, the hare; all birds, from the least up to the phœnicopter (29); also all kinds of fish, that cannot bear salt, or are salted whole. But the weakest materials are the stems of all pot-herbs, and whatever grows on a stalk, such as the gourd, the cucumber, and the caper; all fruits, olives, periwinkles (30), and also conchylia (31). But although these are thus distinguished, yet there is a great difference in those even under the same species, one containing either more or less nutriment than another.

Therefore, there is more aliment in bread than in any thing else: wheat is stronger than millet; and that again is stronger than barley: of the wheats, the strongest is the siligo (32); the next is simila, afterwards that from which no

est, quod αὐτόπυρον Græci vocant; infirmior est, ex polline; infirmissimus, cibarius panis. Ex leguminibus vero valentior faba, vel lenticula, quam pisum. Ex oleribus valentior rapa, napique, et omnes bulbi (in quibus cepam quoque, et allium numero) quam pastinaca, vel quæ specialiter radicula appellatur: item firmior brassica, et beta, et porrum, quam lactuca, vel cucurbita, vel asparagus.

At ex fructibus surculorum valentiores uvæ, ficus, nuces, palmulæ, quam quæ poma proprie nominantur: atque ex his ipsis firmiora, quæ succosa, quam quæ fragilia sunt. Item ex iis avibus, quæ in media specie sunt, valentiores eæ, quæ pedibus, quam quæ volatu magis nituntur; et ex iis, quæ volatu fidunt, firmiores quæ grandiores aves, quam quæ minutæ sunt; ut ficedula et turdus. Atque eæ quoque, quæ in aqua degunt, leviorem cibum præstant, quam quæ natandi scientiam non habent.

Inter domesticas vero quadrupedes, levissima suilla est; gravissima, bubula: itemque ex feris, quo majus quodque animal, eo robustior ex eo cibus est. Pisciumque eorum, qui ex media

ORDO.

est, quod Græci vocant αὐτόπυρον (autopyron): ex polline est infirmior; cibarius panis infirmissimus. Vero ex leguminibus faba, vel lenticula est valentior quam pisum. Ex oleribus rapa, que napi, et omnes bulbi (in quibus numero quoque cepam et allium) valentior quam pastinaca, vel quæ appellatur specialiter radicula: item brassica, et beta, et porrum, firmior quam lactuca, vel cucurbita vel asparagus.

At ex fructibus surculorum, uvæ, ficus, nuces, palmulæ (sunt), valentiores quam quæ nominantur proprie poma: atque ex his ipsis quæ succosa sunt firmiora quam quæ sunt fragilia. Item ex iis avibus quæ sunt in media specie, eæ valentiores quæ nituntur pedibus, quam quæ magis volatu, et ex iis quæ fidunt volatu, quæ grandiores aves firmiores quam quæ sunt minutæ ficedula et turdus. Atque quoque eæ quæ degunt in aqua præstant leviorem cibum quam quæ non habent scientiam natandi.

Vero inter domesticas quadrupedes, suilla est levissima: bubula gravissima, que item ex feris, quo majus quodque animal, eo robustior est cibus ex eo. Que eorum piscium qui sunt ex

TRANSLATION.

(*husks*) have been removed, which the Greeks call autopyros (33): that of pollen is weaker: household-bread the weakest of all. But of the leguminous class (34) the bean or lentil is stronger than the pea. The culinary vegetable, such as the rape and turnips, and all bulbous roots, (among which I number the onion and garlick,) are more nutritive than the parsnip, or that which is called by way of distinction, the garden radish: also the cabbage, beet, and leek, are stronger than the lettuce, gourd, or asparagus.

But the surculous fruits, such as the grape, figs, nuts, and dates, are stronger than those fruits properly named apples: and even of these, the succulent are better than the fragile and mealy. The birds which are in the middle class, are more nutritious which are supported on their feet, than those which fly; and of those who trust to flight, the larger birds are stronger, than those which are small, such as the beccafico and the thrush. Those also which live on water afford a lighter food than those who cannot swim.

But among the domestic quadrupeds, pork is the lightest, beef is the strongest, and of the ferine class, the larger the animal, so much stronger is the food of it. Those fish also, of the middle class, which are most in use, the heaviest are those of

materia sunt, quibus maxime utimur, tamen gravissimi sunt ex quibus salsamenta quoque fieri possunt, qualis lacertus est; deinde qui, quamvis teneriores, tamen duri sunt, ut aurata, corvus, sparus, oculata; tum plani; post quos etiamnum leviores lupi, mullique; et post hos, omnes saxatiles.

Neque vero in generibus rerum tantummodo discrimen est, sed etiam in ipsis: quod et ætate fit, et membro, et solo, et cœlo, et habitu. Nam quadrupes omne animal, si lactens est, minus alimenti præstat: itemque quo tenerior pullus cohortalis est: in piscibus quoque media ætas, quæ nondum summam magnitudinem implevit. Deinde ex eodem sue, ungulæ, rostrum, aures, cerebellum; ex agno, hœdove, cum petiolis totum caput aliquanto, quam cetera membra, leviora sunt: adeo ut in media materia poni possint. Ex avibus, pectora, colla, alæve recte infirmissimis annumerantur.

Quod ad solum vero pertinet, frumentum quoque valentius est collinum, quam campestre: levior piscis inter saxa editus, quam in arena; levior in arena, quam in limo: quo fit, ut ex stagno, vel lacu, vel flumine eadem genera graviora sint: leviorque, qui in

ORDO.

media materia, quibus utimur maxime, tamen gravissimi sunt ex quibus salsamenta possunt quoque fieri, qualis lacertus est, deinde, qui quamvis teneriores, tamen sunt duri, ut aurata, corvus, sparus, oculata; tum plani, post quos etiamnum leviores, lupi que mulli; et post hos omnes saxatiles.

Vero neque est discrimen tantummodo in generibus rerum, sed etiam in ipsis, quod fit et ætate et membro, et solo, et cœlo, et habitu. Nam omne quadrupes animal si est lactens, præstat minus alimenti; que item pullus cohortalis quo tenerior est: in piscibus quoque media ætas quæ implevit nondum summam magnitudinem, deinde ex eodem sue ungulæ, rostrum, aures, cerebellum: ex agno, ve hœdo, totum caput cum petiolis, sunt aliquanto leviora quam cætera membra; adeo ut possint poni in media materia. Ex avibus colla, pectora, ve alæ recte adnumerantur infirmissimis.

Vero quod pertinet ad solum frumentum collinum est quoque valentius quam campestre, piscis editus inter saxa levior quam in arena: levior in arena quam in limo: quo fit ut eadem genera sint graviora ex stagno, vel lacu vel flumine: que qui vixit in

TRANSLATION.

which salsamenta (35) may be made, such as the lacertus (36); after those, although more tender, yet they are hard, such as the aurata, corvus, sparus, oculata; then come the flat fish, after which are lighter still, the lupi, and mulli, and after these all fish found among rocks.

But there is not only a difference in the classes, but in the individual species themselves, which arises from their age, the part, the soil, climate, and condition. For every quadruped animal, if suckling, affords less nutriment; and also a coop-fed chicken, the more tender it is: in fish also, the middle age, before they acquire their full growth. Of swine, the feet, snout, ears and brain: of the lamb or the kid, the whole head with the pettitoes are somewhat lighter than the other parts; so that they may be ranked in the middle class. Of birds, the breasts, necks and wings are correctly considered the weakest.

But what relates to soil, that corn which is reared on high grounds, is firmer than that which is produced upon a plane: fish caught among rocks are lighter than those found in sand; lighter in sand, than in mud; hence it happens that the same species are heavier reared in a pond, lake or river: and a fish living in deep water is lighter

alto, quam qui in vado vixit. Omne etiam ferum animal domestico levius; et quodcumque humido cœlo, quam quod sicco natum est.

Deinde eadem omnia pinguia, quam macra; recentia, quam salsa; nova, quam vetusta, plus alimenti habent. Tum res eadem magis alit jurulenta, quam assa; magis assa, quam elixa. Ovum durum valentissimæ materiæ est; molle, vel sorbile, imbecillissimæ. Cumque panificia omnia firmissima sint, elota tamen quædam genera frumenti, ut alica, oryza, ptisana, vel ex iisdem facta sorbitio, vel pulticula, et aqua quoque madens panis, imbecillissimis annumerari potest.

Ex potionibus vero, quæcumque ex frumento facta est, itemque lac, mulsum, defrutum, passum, vinum aut dulce, aut vehemens, aut mustum, aut magnæ vetustatis, valentissimi generis est. At acetum, et id vinum quod paucorum annorum, vel austerum, vel pingue est, in media materia est: ideoque infirmis numquam generis alterius dari debet.

Aqua omnium imbecillissima est. Firmiorque ex frumento potio est, quo firmius fuit ipsum frumentum: firmior ex eo vino, quod bono solo, quam quod tenui; quodque temperato cœlo,

ORDO.

alto, levior quam qui in vado. Etiam omne ferum animal levius quam domestico, et quodcunque est natum humido cœlo, quam quod sicco.

Deinde omnia eadem pinguia, habent plus alimenti quam macra; recentia quam salsa, nova quam vetusta. Tum eadem res alit plus, jurulenta quam assa: magis assa quam elixa. Durum ovum est valentissimæ materiæ, molle, vel sorbile imbecillissimæ. Que cum omnia panificia sint firmissima, tamen quædam genera frumenti elota; ut alica, oryza, ptisana vel sorbitio vel pulticula facta ex iisdem et quoque panis madens aqua potest admunerari imbecillissimis.

Vero ex potionibus quæcunque est facta ex frumento que item lac, mulsum, defrutum, passum, vinum aut dulce, aut vehemens, aut mustum, aut magnæ vetustatis, est valentissimi generis. At acetum et id vinum quod est paucorum annorum, vel austerem vel pingue est in media materia, que ideo alterius generis debet nunquam dari infirmis.

Aqua est imbecillissima omnium. Que potio ex frumento est firmior, quo frumentum ipsum fuit firmius: firmior ex eo vino quod natum est bono solo, quam quod tenui: que quod temperato cœlo quam quod aut ni-

TRANSLATION.

than one in a shallow. Also every ferine animal is lighter than one domesticated; and whatever is reared in a humid climate (*is lighter*) than those in a dry.

In the next place, all these being fat have more nourishment than the lean; fresh, more than salted; new, than stale. Then the same article nourishes more, when made into soup than roasted; more roasted, than boiled. Hard boiled eggs are of the strongest class; soft or poached eggs are of the weakest. Yet although all bread-grains are the strongest, there are some species of corn being washed, such as alica (37), rice, struck-barley (38), or gruel, or pottage (39) made of these, and also bread moistened with water, may be placed in the weakest class.

But of drinks, whatever is prepared from grain, also milk, mulse, defrutum (40), raisin-wine, wine, either sweet or strong, new wine or very old, are of the most nutritious kind. But vinegar, and wine a few years old, whether austere or rich, are in the middle class: and on that account the other kind ought never to be given to the weak.

Water is the weakest of drinks. All drinks prepared from grain, have a correspondent strength with that grain: and the wine produced on a good soil is stronger than that of a thin light soil; and that which has been cultivated in a

quam quod aut nimis humido, aut nimis sicco, nimiumque aut frigido, aut calido natum est. Mulsum, quo plus mellis habet; defrutum, quo magis incoctum; passum, quo ex sicciore uva est, eo valentius est.

Aqua levissima pluvialis est; deinde fontana; tum ex flumine; tum ex puteo; posthæc ex nive, aut glacie; gravior his, ex lacu; gravissima, ex palude. Facilis etiam, et necessaria cognitio est naturam ejus requirentibus. Nam levis, pondere apparet; et ex iis, quæ pondere pares sunt, eo melior quæque est, quo celerius et calefit et frigescit, quoque celerius ex ea legumina percoquuntur.

Fere vero sequitur, ut, quo valentior quæque materia est, eo minus facile concoquatur; sed si concocta est, plus alat. Itaque utendum est materiæ genere pro viribus; modusque omnium pro genere sumendus. Ergo imbecillis hominibus, rebus infirmissimis opus est; mediocriter firmos, media materia optime sustinet; et robustis apta validissima est. Plus deinde aliquis assumere ex levioribus potest; magis in iis, quæ valentissima sunt, temperare sibi debet.

ORDO.

mis humido aut nimis sicco, que aut nimium frigido, aut calido. Mulsum est eo valentius, quo habet plus mellis: defrutum quo magis incoctum: passum quo est sicciore uva.

Pluvialis aqua est levissima: deinde, fontana; tum ex flumine; tum ex puteo: post hæc ex nive, aut glacie; gravior his ex lacu: gravissima ex palude. Etiam cognitio est facilis, et necessaria requirentibus naturam ejus. Nam levis apparet pondere, et ex iis quæ sunt pares pondere, quæque est eo melior, quo celerius et calefit et frigescit, que quo celerius legumina percoquuntur ex ea.

Vero fere sequitur, ut, quo valentior quæque materia est, eo minus facile concoquatur; sed si est concocta alat plus. Itaque est utendum genere materiæ pro viribus: que modus omnium sumendus pro genere. Ergo imbecillis hominibus est opus infirmissimis rebus: media materia sustinet optime mediocriter firmos; et validissima est apta robustis. Deinde a quis potest assumere plus ex levioribus; debet temperare sibi magis in iis quæ sunt valentissima.

TRANSLATION.

temperate atmosphere, than the production of an air either too moist or too dry, too cold or too hot. Hydromel is the stronger, in proportion to the honey contained in it: defrutum, the longer it is boiled; raisin-wine, by how much dryer the grapes of which it is made.

Rain water is the lightest; next is spring water, then river water; and lastly that from a well; after these, that from snow or ice; lake-water is heavier than these. The heaviest is marsh-water. The knowledge also, is both easy and necessary to those desirous of searching into the nature of it. For light water is apparent by the weight; and of those which are of equal weights, by how much the sooner any of them become hot or cold, by so much are they the more preferable, and the sooner leguminous articles are boiled in it.

But for the most part, the more substantial each article may be, it is boiled less easily; but if concocted, it is the more nutritious. Therefore the nature of each article must be determined by the strength of the patient and the quantity to be taken proportioned to the kind. Thus a weak man must make use of the weakest things; the middle class support best the moderately strong; and the strongest is fit for the robust. Lastly, a person may take more of that which is lighter; but in those things which are more substantial he ought to moderate his desires.

CAP. XIX.

QUÆ NATURA, AC PROPRIETAS CUJUSQUE REI SIT, QUA VESCIMUR.

NEQUE hæc sola discrimina sunt; sed etiam aliæ res boni succi, aliæ mali sunt; quas εὐχύλους vel κακοχύλους Græci vocant; aliæ lenes, aliæ acres; aliæ crassiorem pituitam in nobis faciunt, aliæ tenuiorem; aliæ idoneæ stomacho, aliæ alienæ sunt: itemque aliæ inflant, aliæ ab hoc absunt; aliæ calefaciunt, aliæ refrigerant; aliæ facile in stomacho acescunt, aliæ non facile intus corrumpuntur; aliæ movent alvum, aliæ supprimunt; aliæ citant urinam, aliæ tardant; quædam somnum movent, quædam sensus excitant. Quæ omnia ideo noscenda sunt, quoniam aliud alii, vel corpori, vel valetudini, convenit.

ORDO.

CAP. XIX.

QUÆ SIT NATURA AC PROPRIETATAS CUJUSQUE REI, QUA VESCIMUR.

NEQUE sunt hæc sola discrimina, sed etiam aliæ res sunt boni succi, aliæ mali; quas Græci vocant εὐχύλους (euchulous) vel κακοχύλους (cacochulous) aliæ lenes; aliæ acres; aliæ faciunt crassiorem pituitam in nobis; aliæ tenuiorem; aliæ acescunt facile in stomacho; alienæ: que item aliæ inflant, aliæ absunt ab hoc; aliæ calefaciunt; aliæ refrigerant; aliæ acescunt facile in stomacho; aliæ non corrumpuntur facile intus; aliæ movent alvum: aliæ supprimunt, aliæ citant urinam; aliæ tardant, quædam movent somnum, quædam excitant sensus. Omnia quæ sunt noscenda, ideo quoniam aliud convenit alii vel corpori valetudini.

TRANSLATION.

CHAP. XIX.

GENERAL PROPERTIES OF DIFFERENT FOODS.

NOR are these the only differences; for some things afford good juices, others bad; these the Greeks call *euchulous* or *cacochulous:* some are mild, others acrid; some generate a thicker phlegm in us, others more fluid; some are proper for the stomach, others are improper; and also, some produce flatus, others do not. Some warm, others refrigerate; some readily generate acid in the stomach, others are not so easily decomposed; some move the bowels, others suppress them; some promote the urine, others retard it; some induce sleep, others rouse the senses. All these things ought to be known, on this account, that one thing may be proper, either for the constitution of a patient, or some peculiarity in another.

CAP. XX.

DE HIS, QUÆ BONI SUCCI SUNT.

Boni succi sunt, triticum, siligo, alica, oryza, amylum, tragum, ptisana, lac, caseus mollis, omnis venatio, omnes aves, quæ ex media materia sunt; ex majoribus quoque eæ, quas supra nominavi: medii inter teneros durosque pisces, ut mullus, et lupus: verna lactuca, urtica, malva, cucumis, cucurbita, ovum sorbile, portulaca, cochleæ, palmulæ: ex pomis quodcumque neque acerbum, neque acidum est: vinum dulce, vel lene, passum, defrutum, oleæ, quæ ex his duobus in alterutro servatæ sunt: vulvæ, rostra, trunculique suum, omnis pinguis caro, omnis glutinosa, omne jecur.

ORDO.

CAP. XX.

DE HIS, QUÆ SINT BONI SUCCI.

Triticum, siligo, alica, oryza, amylum, tragum, ptisana, lac, mollis caseus, omnis venatio, omnes aves quæ sunt ex media materia sunt boni succi; quoque eæ ex majoribus, quas nominavi supra: medii inter teneros que duros pisces, ut mullus, et lupus, verna lactuca, urtica, malva, cucumis, cucurbita, ovum sorbile portulaca, cochleæ, palmulæ: ex pomis quodcunque est neque acerbum neque acidum: vinum dulce, vel lene, passum, defrutum, oleæ quæ servatæ sunt in alterutro ex his duobus: vulvæ, rostræ, que trunculi suum, omnis pinguis caro, omnis glutinosa, omne jecur.

TRANSLATION.

CHAP. XX.

OF THOSE THINGS CONTAINING GOOD JUICES.

Healthy juices are produced by wheat, siligo, alica, rice, starch (41), tragum (42), struck-barley, milk, soft cheese, all venison, all birds of the middle class; and of the larger birds, those I have mentioned above: of fish, those between the tender and hard, such as the barbel, and the pike; the spring lettuce, the nettle, the mallow, the cucumber, the gourd, poached-eggs, purslane, periwinkles, dates; whatever fruits are neither bitter nor acid: sweet or mild wine, raisin wine, defrutum, olives which have been preserved in either of the two last mentioned liquors: the wombs, cheeks, and pettitoes of swine, all fat flesh, all glutinous substances, and all livers.

CAP. XXI.

DE HIS, QUÆ MALI SUCCI SUNT.

MALI vero succi sunt, milium, panicum, hordeum, legumina, caro domestica permacra, omnisque caro salsa, omne salsamentum, garum, vetus caseus, siser, radicula, rapa, napi, bulbi, brassica, magisque etiam cyma ejus, asparagus, beta, cucumis, porrum, eruca, nasturtium, thymum, nepeta, satureia, hyssopum, ruta, anethum, fœniculum, cuminum, anisum, lapathum, sinapi, allium, cepa, lienes, renes, intestina, pomum quodcumque acidum vel acerbum est, acetum, omnia acria, acida, acerba, oleum, pisces quoque saxatiles, omnesque, qui ex tenerrimo genere sunt, aut qui rursus nimium duri virosique sunt, ut fere quos stagna, lacus, limosique rivi ferunt, quique in nimiam magnitudinem excesserunt.

ORDO.

CAP. XXI.

DE HIS, QUÆ SUNT MALI SUCCI.

VERO mali succi sunt, milium, panicum, hordeum, legumina, permacra domestica caro, que omnis salsa caro, omne salsamentum, garum, vetus caseus, siser, radicula, rapa, napi, bulbi, brassica, que etiam magis cyma ejus, asparagus, beta, cucumis, porrum, eruca, nasturtium, thymum, nepeta, satureia, hyssopum, ruta, anethum, fœniculum, cuminum, anisum, lapathum, sinapi, allium, cepa, lienes, renes, intestina, quodcunque pomum est acidum vel acerbum, acetum, omnia acria acida, acerba, oleum quoque pisces saxatiles, que omnes qui sunt ex tenerrimo genere, aut qui rursus qui sunt nimium duri que virosi ut fere quos stagna, lacus, ve limosi rivi ferunt, sunt mali succi, que qui excesserunt in nimiam magnitudinem.

TRANSLATION.

CHAP. XXI.

OF THOSE THINGS AFFORDING BAD JUICES.

BUT the aliments of bad juice, are millet, panicum(43), barley, leguminous seeds, very lean flesh of domestic animals, all salt meat, all salt provision, garum (44), old cheese, skirret, radishes, turnips, rapes, bulbs, cabbage, especially the scions of it, asparagus, beet, cucumber, leek, rocket, cresses, thyme, cat-mint, savoury, hyssop, rue, dill, fennel, cumin, anise, dock, mustard, garlick, onion; the spleens, kidneys, and intestines of animals, all acid and bitter fruit, vinegar, all acrid, acid, and bitter things, oil, also rock-fish, and all those which are very tender, or very hard and unsavoury, such as those produced from ponds, lakes, or muddy rivers, or those which have acquired a prodigious growth.

CAP. XXII.

QUÆ RES LENES, QUÆVE ACRES SINT.

LENES autem sunt, sorbitio, pulticula, laganum, amylum, ptisana, pinguis caro, et quæcumque glutinosa est: quod fere quidem in omni domestica fit, præcipue tamen in ungulis, trunculisque suum, in petiolis capitulisque hœdorum et vitulorum et agnorum, omnibusque cerebellis; item qui proprie bulbi nominantur, lac, defrutum, passum, nuclei pinei.

Acria sunt, omnia nimis austera, omnia acida, omnia salsa, et mel quidem, quo melius est, eo magis: item allium, cepa, eruca, ruta, nasturtium, cucumis, beta, brassica, asparagus, sinapi, radicula, intubus, ocimum, lactuca, maximaque olerum pars.

ORDO.

CAP. XXII.

QUÆ RES SINT LENES, VE QUÆ (SINT) ACRES.

AUTEM lenes sunt sorbitio, pulticula, laganum, amylum, ptisana, pinguis caro, et quæcumque est glutinosa: quod fere fit in omni domestica, tamen præcipue in ungulis, que trunculis suum in petiolis, que capitulis hœdorum et vitulorum et agnorum, que omnibus cerebellis: item qui proprie nominantur bulbi, lac, defrutum, passum, pinei nuclei.

Acria sunt, omnia nimis austera, omnia acida, omnia salsa, et quidem mel, eo magis, quo est melius: item allium, cepa, eruca, ruta, nasturtium, cucumis, beta, brassica, asparagus, sinapi, radicula, intubus, ocimum, lactuca, que maxima pars olerum.

TRANSLATION.

CHAP. XXII.

OF MILD AND ACRID THINGS.

BUT the mild aliments are gruel, pottage, fritter, starch, ptisan, fat flesh and whatever is glutinous: which is almost the case in all domestic animals, but especially in the legs and feet of the hog; the pettitoes, and heads of kids, calves, and lambs, and in the brains of them all: also those vegetables which are properly named bulbs, milk, defrutum, raisin wine, pine nuts.

The acrid things are, all those which are very austere, all acids, all salted food, and also honey, especially if good: also garlick, onion, rocket, rue, cresses, cucumber, beet, cabbage, asparagus, mustard, radish, endive, basil, lettuce, and most of the pot-herbs.

CAP. XXIII.

DE HIS, QUÆ CRASSIOREM, QUÆVE TENUIOREM PITUITAM FACIUNT.

CRASSIOREM autem pituitam faciunt, ova sorbilia, alica, oryza, amylum, ptisana, lac, bulbi, omniaque fere glutinosa. Extenuant eamdem, omnia salsa, atque acria, atque acida.

ORDO.

CAP. XXIII.

DE HIS, QUÆ FACIUNT CRASSIOREM PITUITAM, VE QUÆ TENUIOREM.

AUTEM sorbilia ova, alica, oryza, amylum, ptisana, lac, bulbi, que fere omnia glutinosa faciunt crassiorem pituitam. Omnia salsa, atque acria, atque acida extenuant eamdem.

TRANSLATION.

CHAP. XXIII.

OF EXPECTORANTS, AND THEIR OPPOSITES.

THESE generate a thicker phlegm, poached eggs, alica, rice, starch, ptisan, milk, bulbs, and for the most part all glutinous things. All salt, and acid, and acrid things extenuate the phlegm.

CAP. XXIV.

DE HIS, QUÆ STOMACHO IDONEA SUNT.

STOMACHO autem aptissima sunt, quæcumque austera sunt, etiam quæ acida sunt, quæque contacta sale modice sunt: item panis sine fermento, et elota alica, vel oryza, vel ptisana; omnis avis, omnis venatio; atque utraque vel assa, vel elixa: ex domesticis animalibus bubula: si quid ex ceteris sumitur, macrum potius, quam pingue: ex sue, ungulæ, rostra, aures, vulvæque ste-

ORDO.

CAP. XXIV.

DE HIS, QUÆ SUNT IDONEÆ STOMACHO.

AUTEM quæcumque sunt austera, etiam quæ sunt acida, que quæ sunt modice contacta sale, sunt aptissima stomacho: item panis sine fermento, et elota alica, vel oryza, vel ptisana; omnis avis, omnis venatio; atque utraque vel assa, vel elixa: ex domesticis animalibus bubula: si quid ex ceteris sumitur, potius macrum, quam pingue: ex sue, ungulæ, rostra, aures, que steriles vulvæ:

TRANSLATION.

CHAP. XXIV.

SUCH THINGS AS ACCORD WITH THE STOMACH.

BUT the most proper things for the stomach are all austere, and such things as are acid, and those which are moderately touched with salt; also unleavened bread, washed alica, or rice, or ptisan; all birds and venison, either roasted or boiled; of domestic animals the ox: if any thing be taken from the other animals, the lean is the more preferable than the fat: of the hog, the feet, the cheeks, the ears and

: ex oleribus, intubus, lactuca, inaca, cucurbita elixa, siser: ex po- cerasum, morum, sorbum, pirum ile, quale Crustuminum vel Nævi- n est: item pira, quæ reponuntur, entina atque Signina; malum orbi- tum, aut Scandianum, vel Ameri- , vel cotoneum, vel Punicum, uvæ lla, molle ovum, palmulæ, nuclei i, oleæ albæ ex dura muria, eædem intinctæ, vel nigræ, quæ in arbore permaturuerunt, vel quæ in passo, itove servatæ sunt: vinum auste- , licet etiam asperum sit, item resina- : duri ex media materia pisces, os- pectines, murices, purpuræ, coch- cibi, potionesque frigidæ, vel fer- es: absinthium.

ORDO.

ex oleribus, intubus, lactuca, pastinaca, elixa cucurbita, siser: ex pomis, cerasum, morum, sorbum, fragile pirum, quale est Crustuminum vel Nævianum: item Tarentina atque Signina pira quæ reponuntur; orbiculatum malum, aut Scandianum, vel Amerinum, vel cotoneum, vel Punicum, uvæ ex olla, molle ovum, palmulæ, pinei nuclei, albæ oleæ ex dura muria, eædem intinctæ aceto, vel nigræ, quæ permaturuerunt bene in arbore, vel quæ sunt servatæ in passo; ve defruto: austerum vinum, etiam licet sit asperum, item resinatum: duri pisces ex media materia, ostrea, pectines, murices, purpuræ, cochleæ: frigidæ, vel ferventes cibi, que potiones: absinthium.

TRANSLATION.

e wombs: of culinary herbs, endive, lettuce, parsnip, boiled gourd, skirret; its, the cherry, the mulberry, service-fruit, the mellow pear, such as the uminian (45) or Nævianian; and those pears which are to be laid up, as Tarentine, and Signine: the orbicular apple, or the Scandianian, or Ameri- or quince, or the pomegranate, potted grapes, soft eggs, dates, pine-nuts, olives out of strong pickle, or the same dipped in vinegar, or the black grapes have thoroughly maturated on the tree, or those which have been kept in m or defrutum; austere wine although it may be harsh, also resinated (46): fish of the middle class; oysters, pectines (47), murices, purpuræ (48), peri- les; food and drink either hot or cold; wormwood.

CAP. XXV.

Æ RES ALIENÆ STOMACHO SINT.

ENA vero stomacho sunt, omnia la, omnia salsa, omnia jurulenta, ia prædulcia, omnia pinguia, sor- , panis fermentatus, idemque vel

ORDO.

CAP. XXV.

QUÆ RES SINT ALIENÆ STOMACHO.

VERO omnia tepida, omnia salsa, omnia jurulenta, omnia prædulcia, omnia pinguia, sorbitio, fermentatus panis, que idem vel ex

TRANSLATION.

CHAP. XXV.

OF THINGS IMPROPER FOR THE STOMACH.

the stomach is offended by all tepid things, all salt meats, all broths, all sweet s, all fat things, gruels, fermented bread, and that made of either millet or

ex milio, vel ex hordeo, oleum, radices olerum, et quodcumque olus ex oleo garove estur, mel, mulsum, defrutum, passum, lac, omnis caseus, uva recens, ficus et viridis et arida, legumina omnia, quæque inflare consueverunt: item thymum, nepeta, satureia, hyssopum, nasturtium, lapathum, lapsana, juglandes. Ex his autem intelligi potest, non, quidquid boni succi est, protinus stomacho convenire; neque quidquid stomacho convenit, protinus boni succi esse.

ORDO.

milio, vel ex hordeo, oleum, radices olerum, et quodcumque olus estur ex oleo ve garo, mel, mulsum, defrutum, passum, lac, omnis caseus, recens uva, et viridis, et arida ficus, omnia legumina, que quæ consueverunt inflare, sunt aliena stomacho: item thymum, nepeta, satureia, hyssopum, nasturtium, lapathum, lapsana, juglandes. Autem non potest intelligi, quidquid ex his est boni succi, protinus convenire stomacho; neque quidquid convenit stomacho, protinus esse boni succi.

TRANSLATION.

barley, oil, roots of pot-herbs, and whatever herbs be eaten with oil, or with pickle, honey, hydromel, defrutum, raisin wine, milk, all kinds of cheese, fresh grapes, figs both green and dry, all kinds of pulse, and those vegetables which usually produce flatulency; also thyme, catmint, savoury, hyssop, cresses, dock, nipplewort, walnuts. Hence it may be understood, that those things which afford good juice, do not invariably agree with the stomach, nor does that which accords with the stomach, for the same reason yield a good juice.

CAP. XXVI.

DE HIS, QUÆ INFLANT.

INFLANT autem, omnia fere legumina, omnia pinguia, omnia dulcia, omnia jurulenta, mustum, atque etiam id vinum, cui nihil adhuc ætatis accessit: ex oleribus, allium, cepa, brassica, omnesque radices, excepto sisere et pastinaca, bulbi, ficus etiam aridæ, sed magis virides, uvæ recentes, nuces omnes, exceptis nucleis pineis, lac, omnisque caseus, quidquid deinde subcrudum ali-

ORDO.

CAP. XXVI.

DE HIS, QUÆ INFLANT.

AUTEM fere omnia legumina, omnia pingua, omnia dulcia, omnia jurulenta, mustum, atque etiam id vinum, cui adhuc nihil ætatis accessit, inflant: ex oleribus, allium, cepa, brassica, que omnes radices, sisere et pastinaca excepto, bulbi, etiam aridæ ficus, sed virides magis, recentes uvæ, omnes nuces, pineis nucleis exceptis, lac, que omnis caseus, deinde quidquid subcrudum ali-

TRANSLATION.

CHAP. XXVI.

OF THOSE THINGS WHICH PRODUCE FLATUS.

FLATULENCIES are generated by almost all the leguminous class, every thing fat, all sweets, all soups, new wine, or even any wine which has not acquired some age; of pot-herbs, garlick, onion, cabbage, and all roots, (except skirret and parsnips), bulbs, also dry figs, but the green more so, fresh grapes, all kinds of nuts, except

quis assumpsit. Minima inflatio fit ex venatione, aucupio, piscibus, pomis, oleis, conchiliis, ovis vel mollibus vel sorbilibus, vino vetere. Fœniculum vero, et anethum, inflationes etiam levant.

ORDO.

quis assumpsit. Minima inflatio fit ex venatione, aucupio, piscibus, pomis, oleis, conchiliis, vel mollibus vel sorbilibus ovis, vetere vino. Vero fœniculum, et anethum, etiam levant inflationes.

TRANSLATION.

pine-nuts, milk, and all kinds of cheese, lastly, whatever may be taken in an undercooked state. Venison is least flatulent, wild fowl, fish, fruits, olives, shell-fish, eggs, either soft or poached, old wine. But fennel and dill even relieve flatulencies.

CAP. XXVII.

DE HIS, QUÆ CALEFACIUNT, AUT REFRIGERANT.

At calefaciunt, piper, sal, caro omnis jurulenta, allium, cepa, ficus arida, salsamentum, vinum, et quo meracius est, eo magis. Refrigerant olera, quorum crudi caules assumuntur, ut intubus, et lactuca: item coriandrum, cucumis, elixa cucurbita, beta, mora, cerasa, mala austera, pira fragilia, caro elixa, præcipueque acetum, sive cibus ex eo, sive potio assumitur.

ORDO.

CAP. XXVII.

DE HIS, QUÆ AUT CALEFACIANT, AUT REFRIGERANT.

At piper, sal, omnis jurulenta caro, allium, cepa, arida ficus, salsamentum, vinum, et eo magis, quo est meracius calefaciunt. Olera refrigerant, crudi caules quorum assumuntur, ut intubus, et lactuca: item coriandrum, cucumis, elixa cucurbita, beta, mora, cerasa, austera mala, fragilia pira, elixa caro, que præcipue acetum, sive cibus, sive potio assumitur ex eo.

TRANSLATION.

CHAP. XXVII.

OF THE CALEFACIENTS AND REFRIGERANTS.

Now the following excite warmth, pepper, salt, all stewed meat, garlick, onion, dry figs, salt provision, wine, and the more so, in proportion to its purity. Refrigerants are such culinary plants whose stalks are eaten raw, as endive, and lettuce, also coriander, cucumber, boiled gourd, beet, mulberries, cherries, austere apples, mealy pears, boiled flesh, and especially vinegar taken either with the food or drink.

CAP. XXVIII.

DE HIS, QUÆ FACILE INTUS CORRUMPUNTUR.

FACILE autem intus corrumpuntur, panis fermentatus, et quisquis alius quam ex tritico est, lac, mel; ideoque etiam lactentia atque omne pistorium opus; teneri pisces, ostrea, olera, caseus et recens et vetus, crassa vel tenera caro, vinum dulce, mulsum, defrutum, passum; quidquid deinde vel jurulentum est, vel nimis dulce, vel nimis tenue.

At minime intus vitiantur, panis sine fermento, aves, et eæ potius duriores, duri pisces; neque solum aurata puta, aut scarus, sed etiam lolligo, locusta, polypus: item bubula, omnisque dura caro; eademque aptior est, si macra, si salsa est; omniaque salsamenta; cochleæ, murices, purpuræ; vinum austerum, vel resinatum.

ORDO.

CAP. XXVIII.

DE HIS, QUÆ CORRUMPUNTUR FACILE INTUS.

AUTEM fermentatus panis, et quisquis alius quam est ex tritico, lac, mel, corrumpuntur facile intus; que ideo etiam lactentia atque omne pistorium opus; teneri pisces, ostrea, olera, et recens et vetus caseus, crassa vel tenera caro, dulce vinum, mulsum, defrutum, passum; deinde quidquid est vel jurulentum, vel nimis dulce, vel nimis tenue.

At panis sine fermento, aves, et potius eæ duriores, duri pisces, vitiantur minime intus; neque aurata puta, aut scarus solum, sed etiam lolligo, locusta, polypus: item bubula, que omnis dura caro; que eadem est aptior, si est macra, si (est) salsa; que omnia salsamenta; cochleæ, murices, purpuræ; austerum, vel resinatum vinum.

TRANSLATION.

CHAP. XXVIII.

OF THOSE THINGS WHICH ARE EASILY DECOMPOSED IN THE STOMACH.

FERMENTED bread is easily corrupted in the stomach, and any other, except that which is made of wheat, milk, honey; therefore all milky substances, and the productions of the pastry cook: tender fish, oysters, pot-herbs, both new and old cheese, coarse or tender flesh, sweet wine, hydromel, defrutum, raisin wine; finally, whatever is either succulent, or too sweet, or too thin.

But unfermented bread is least easily corrupted in the stomach, also birds, and especially the harder kind, hard fish; not only, for instance the aurata, or the scarus (49), but even the calamary, lobster, polypus; also beef and all hard flesh; and the same is more preferable if lean and salted, and all salsamenta; periwinkles, murices, purpuræ; austere or resined wine.

CAP. XXIX.

DE HIS, QUÆ ALVUM MOVENT.

alvum movent, panis fermentatus, isque si cibarius vel hordeaceus est; sica, si subcruda est, lactuca, ane-ı, nasturtium, ocimum, urtica, por-ɜa, radicula, capparis, allium, cepa, 'a, lapathum, beta, asparagus, cu-ita, cerasa, mora, poma omnia mi-icus etiam arida, sed magis viridis, recentes, pingues minutæ aves, leæ, garum, salsamentum, ostrea, rides, echini, musculi, et omnes conchulæ, maximeque jus earum; tiles, et omnes teneri pisces, sepia-atramentum; si qua caro assumi-pinguis, eadem vel jurulenta, vel ı; aves, quæ natant; mel crudum, lactentia omnia, mulsum, vinum e vel salsum, aqua, tenera omnia, la, dulcia, pinguia, elixa, jurulenta, ı, diluta.

ORDO.

CAP. XXIX.

DE HIS, QUÆ MOVENT ALVUM.

At fermentatus panis, que magis si est cibarius vel hordeaceus movent alvum; brassica, si est subcruda, lactuca, anethum, nasturtium, ocimum, urtica, portulaca, radicula, capparis, allium, cepa, malva, lapathum, beta, asparagus, cucurbita, cerasa, mora, omnia mitia poma, etiam arida ficus, sed viridis magis, recentes uvæ, minutæ pingues aves, cochleæ, garum, salsamentum, ostrea, pelorides, echini, musculi, et fere omnes conchulæ, que maxime jus earum; saxatiles, et omnes teneri pisces, atramentum sepiarum; si qua pinguis caro assumitur, eadem (esse) vel jurulenta, vel elixa; aves, quæ natant; crudum mel, lac, omnia lactentia, mulsum, dulce vel salsum vinum, aqua, omnia tenera, tepida, dulcia, pinguia, elixa, jurulenta, salsa, diluta.

TRANSLATION.

CHAP. XXIX.

OF THOSE THINGS WHICH MOVE THE BOWELS.

bowels are moved by fermented bread, and the more so, if it be household, ıde of barley; cabbage, if under-cooked, lettuce, dill, cresses, basil, nettle, ane, radish, capers, garlick, onion, mallow, dock, beet, asparagus, gourd, ies, mulberries, all mild fruits, also dry figs, but more so if green, fresh grapes, fat birds, periwinkles, lobster-pickle, salsamentum, oysters, pelorides (50), rchins, muscles, and almost all small shell-fish, and especially the liquor of , rock, and all tender fish, the liquor of the cuttle-fish: if any fat meat be ı, the same if stewed or boiled; birds which swim, raw honey, milk, and all r things, hydromel, sweet or salt wine, water, every thing tender and tepid, t, fat, boiled, stewed, salt, diluted.

CAP. XXX.

DE HIS, QUÆ ALVUM ADSTRINGUNT.

CONTRA adstringunt, panis ex siligine, vel ex simila; magis, si sine fermento est; magis etiam si ustus est; intenditurque vis ejus etiam, si bis coquitur: pulticula vel ex alica, vel ex panico, vel ex milio; itemque ex iisdem sorbitio; et magis, si hæc ante fricta sunt: lenticula, cui vel beta, vel intubus, vel ambubeia, vel plantago adjecta est; magisque etiam, si illa ante fricta est: per se etiam intubus, vel ex plantagine, vel ambubeia fricta: minuta olera, brassica bis decocta: dura ova, magisque si assa sunt: minutæ aves, merula, palumbus, magisque si in posca decoctus est; grus, omnes aves, quæ magis currunt, quam volant; lepus, caprea; jecur ex iis, quæ sevum habent, maximeque bubulum, ac sevum ipsum: caseus, qui vehementior vetustate fit, vel ea mutatione, quam in eo transmarino videmus, aut si recens est, ex melle, mulsove decoctus: item mel coctum, pira immatura, sorba, magisque ea, quæ torminalia vocantur,

ORDO.

CAP. XXX.

DE HIS, QUÆ ADSTRINGUNT ALVUM.

CONTRA panis ex siligine, vel ex simila; magis si est sine fermento; etiam magis, si est ustus; que etiam vis ejus intenditur, si coquitur bis: pulticula vel ex alica, vel ex panico, vel ex milio; que item sorbitio ex iisdem; et magis, si hæc sunt fricta ante: lenticula, cui vel beta, vel intubus, vel ambubeia, vel plantago est adjecta; que magis etiam, si illa est fricta ante: etiam intubus per se, vel fricta ex plantagine, vel ambubeia: minuta olera, brassica decocta bis: dura ova, que magis si sunt assa: minutæ aves, merula, palumbus, que magis si est decoctus in posca; grus, omnes aves, quæ currunt magis, quam volant; lepus, caprea; jecur ex iis, quæ habent sevum, que maxime bubulum, ac sevum ipsum: caseus, qui fit vehementior vetustate, vel ea mutatione, quam videmus in eo transmarino, aut si est recens, decoctus ex melle, ve mulso: item coctum mel, immatura pira, sorba, quæ vocantur torminalia, cotonea mala, et

TRANSLATION.

CHAP. XXX.

OF THOSE THINGS WHICH BIND THE BOWELS.

ON the other hand the bowels are constringed by bread prepared of siligo, or of simila; especially if it be unfermented; also if it be burnt; and this virtue is augmented if it be twice baked: pottage made either of alica, or panicum, or millet; and also gruel of the same; and the more so, if these articles have been previously fried: small lentils to which either beet, endive, siccory, or plantain have been added; especially if these have been previously fried: even endive by itself, or toasted with plantain, or siccory: the small pot-herbs, cabbage twice boiled: hard eggs, particularly if roasted: small birds; the blackbird, the cushat-dove, and more especially if it have been boiled in vinegar and water (51), the crane, all birds which run, more than they fly; the hare, the doe, the livers of those animals which have suet, and particularly the liver and suet of beef itself: cheese, which has become stronger by age, or by that change which we see effected on that which is imported; or if it be new, boiled with honey, or hydromel; also boiled honey, unripe pears, service fruit, particularly that genus called torminalia (52),

mala cotonea, et Punica, oleæ vel albæ vel permaturæ, myrta, palmulæ, purpuræ, murices, vinum resinatum vel asperum, item meracum, acetum, mulsum quod inferbuit, item defrutum, passum, aqua vel tepida vel præfrigida, dura, id est ea, quæ tarde putrescit; ideoque pluvia potissimum: omnia dura, macra, austera, aspera, tosta, et in eadem carne, assa potius, quam elixa.

ORDO.

Punica, vel albæ vel permaturæ oleæ, myrta, palmulæ, purpuræ, murices, resinatum vel asperum vinum, item meracum, acetum, mulsum quod inferbuit, item defrutum, passum, vel tepida vel præfrigida aqua, dura, id est ea, quæ putrescit tarde; que ideo pluvia potissimum: omnia dura, macra, austera, aspera, tosta, et in eadem carne, assa potius, quam elixa.

TRANSLATION.

quinces and pomegranates, either white or very ripe olives, myrtle berries, dates, purpuræ, murices, resined or sharp wine, also pure wine, vinegar, hydromel which has been boiled, also defrutum, raisin wine, water either tepid or very cold, and hard, that is, such as slowly becomes putrid, and on that account rain-water is best: every thing hard, lean, austere, sharp, toasted, and of the same meat roasted, rather than boiled.

CAP. XXXI.

DE HIS, QUÆ URINAM MOVENT.

URINAM autem movent, quæcumque in horto nascentia boni odoris sunt, ut apium, ruta, anethum, ocimum, mentha, hyssopum, anisum, coriandrum, nasturtium, eruca, fœniculum: præter hæc, asparagus, capparis, nepeta, thymum, satureia, lapsana, pastinaca, magisque agrestis, radicula, siser, cepa; ex venatione, maxime lepus; vinum tenue, piper et rotundum et longum, sinapi, absinthium, nuclei pinei.

ORDO.

CAP. XXXI.

DE HIS, QUÆ MOVENT URINAM.

AUTEM, quæcumque nascentia in horto sunt boni odoris, ut apium, ruta, anethum, ocimum, mentha, hyssopum, anisum, coriandrum, nasturtium, eruca, fœniculum movent urinam: præter hæc, asparagus, capparis, nepeta, thymum, satureia, lapsana, pastinaca, que magis agrestis, radicula, siser, cepa; ex venatione, maxime lepus; tenue vinum, et rotundum et longum piper, sinapi, absinthium, pinei nuclei.

TRANSLATION.

CHAP. XXXI.

OF DIURETICS.

Now these odoriferous garden plants all promote the urine, such as parsley, rue, dill, basil, mint, hyssop, anise, coriander, cresses, rocket, fennel: besides these, asparagus, capers, cat-mint, thyme, savory, nipplewort, parsnip, especially the wild, radish, skirret, onion; of game, principally the hare; thin wine, both round and long pepper, mustard, wormwood, pine-nuts.

CAP. XXXII.

DE HIS, QUÆ AD SOMNUM APTA SUNT.

SOMNO vero aptum est papaver, lactuca, maximeque æstiva, cujus cauliculus jam lacte repletus est, morum, porrum. Sensus excitant, nepeta, thymum, satureia, hyssopum, præcipueque pulegium, ruta, et cepa.

ORDO.

CAP. XXXII.

DE HIS, QUÆ SUNT APTA AD SOMNUM.

VERO papaver, lactuca, que maxime æstiva, cauliculus, cujus est jam repletus lacte, morum, porrum, est aptum somno. Nepeta, thymum, satureia, hyssopum, que præcipue pulegium, ruta et cepa excitant sensus.

TRANSLATION.

CHAP. XXXII.

OF THOSE THINGS WHICH INDUCE SLEEP.

THE poppy procures sleep, also the lettuce, and especially the summer kind, when the stalk is full of a milky juice, the mulberry, the leek. These excite the senses, cat-mint, thyme, savory, hyssop, and especially pennyroyal, rue, and onion.

CAP. XXXIII.

DE HIS, QUÆ MATERIAM EVOCANT.

EVOCARE vero materiam multa admodum possunt: sed ea, cum ex peregrinis medicamentis maxime constent, aliisque magis, quam quibus ratione victus succurritur, opitulentur, in præsentia differam: ponam vero ea, quæ prompta, et iis morbis, de quibus protinus dicturus sum, apta, corpus erodunt, et sic

ORDO.

CAP. XXXIII.

DE HIS, QUÆ EVOCANT MATERIAM.

VERO admodum multa possunt evocare materiam: sed cum ea constent, maxime ex peregrinis medicamentis, que opitulentur aliis magis, quam quibus succurritur ratione victus, differam in præsentia: vero ponam ea, que prompta, et apta iis morbis, de quibus sum dicturus protinus, erodunt corpus, et sic extrahunt

TRANSLATION.

CHAP. XXXIII.

OF SUCH THINGS AS DRAW AND SOFTEN THE BODY.

Now there are many things capable of forwarding matter; but as these principally consist of exotic medicines, and may assist other cases, more than those which are intended to be relieved principally by diet, I shall defer them for the present: but I will describe those which are ready at hand, and applicable to those diseases; having a digestive power, and thus extracting offending matter from the body,

uod mali est, extrahunt. Habent
n hanc facultatem, semina erucæ,
rtii, radiculæ; præcipue tamen
um, sinapi. Salis quoque et fici
n vis est.

:niter vero simul et reprimunt et
unt, lana succida ex aceto vel
, cui oleum adjectum est; con-
palmulæ, furfures in salsa aqua
ceto decocti.

t simul reprimunt et refrigerant,
a muralis, παρθένιον vel περδίκιον
llant, serpyllum, pulegium, oci-
ı, herba sanguinalis, quam Græci
γονον vocant, portulaca, papa-
folia, capreolique vitium, cori-
i folia, hyoscyamum, muscus, siser,
m, solanum, quam στρύχνον Græci
nt, brassicæ folia, intubus, plan-
, fœniculi semen, contrita pira vel
, præcipueque cotonea, lenticula,
frigida, maximeque pluvialis, vi-
, acetum, et horum aliquo madens
panis, vel farina, vel spongia, vel
, vel lana succida, vel etiam linte-
ı, creta Cimolia, gypsum, melinum,
teum, rosa, acerbum oleum, verbe-
m contusa cum teneris caulibus
; cujus generis sunt olea, cupressus,
tus, lentiscus, tamarix, ligustrum,
, rubus, laurus, hedera, Punicum

ORDO.

eo quod est mali. Autem habent hanc facultatem, semina erucæ, nasturtii, radiculæ; tamen præcipue omnium, sinapi. Quoque vis salis et fici est eadem.

Vero simul et reprimunt leniter et molliunt, succida lana ex aceto vel vino, cui oleum est adjectum; contritæ palmulæ, furfures decocti in salsa aqua vel aceto.

At simul reprimunt et refrigerant, muralis herba, appellant παρθένιον (parthenium) vel περδίκιον (perdicium), serpyllum, pulegium, ocimum, sanguinalis herba, quam Græci vocant πολύγονον (polygonum), portulaca, folia papaveris, que capreoli vitium, folia coriandri, hyoscyamum, muscus, siser, apium, solanum, quam Græci vocant στρύχνον (struchnon), folia brassicæ, intubus, plantago, semen fœniculi, contrita pira vel mala, que præcipue cotonea, lenticula, frigida aqua, que maxime pluvialis, vinum, acetum, et vel panis, vel farina, vel spongia, vel cinis, vel succida lana, vel etiam linteolum, madens aliquo horum, Cimolia creta, gypsum, melinum, myrteum, rosa, acerbum oleum, folia verbenarum contusa cum teneris caulibus; cujus generis sunt olea, cupressus, myrtus, lentiscus, tamarix, ligustrum, rosa, rubus, laurus, hedera, Pu-

TRANSLATION.

ɜrning which I am about to speak presently. Now these things have this r, the seeds of rocket, of cresses, radish, but the principal is mustard. The properties reside in salt and figs.

rdid-wool (53) dipped either in vinegar, or wine to which oil has been added, th gently discutient and at the same time emollient, also bruised dates, bran d in salt water or vinegar.

it these things at the same time repress and cool, viz. Wall-pellitory, (they call rthenion or perdikion,) wild thyme, pennyroyal, basil, blood-herb, (which the ks call polygonon,) purslane, poppy leaves, and the tendrils of vines, coriander ɜs, henbane, moss, skirret, parsley, nightshade, (which the Greeks call struch-) cabbage leaves, endive, plantain, fennel seed, bruised pears or apples, and cially quinces, small lentils, cold water, and especially rain water, wine, vine-and bread, or flour, or sponge, or pieces of cloth, or sordid wool, or even linen tened in any of these liquors: Cimolian chalk, gypsum, quince oil, myrtle oil, roses, bitter oil, the leaves and tender stalks of vervains bruised together; as the olive, the cypress, myrtle, mastich-tree, tamarisk, privet, rose, bramble, l, ivy, pomegranate.

malum. Sine frigore autem reprimunt, cocta mala cotonea, malicorium, aqua calida, in qua verbenæ coctæ sunt, quas supra posui, pulvis vel ex fæce vini, vel ex myrti foliis, amaræ nuces.

Calefacit vero, ex qualibet farina cataplasma, sive ex tritici, sive ex farris, sive hordei, sive ervi, vel lolii, vel milii, vel panici, vel lenticulæ, vel fabæ, vel lupini, vel lini, vel fœni græci, ubi ea deferbuit, calidaque imposita est. Valentior tamen ad id omnis farina est ex mulso, quam ex aqua cocta. Præterea cyprinum, irinum, medulla, adeps ex fele, oleum, magisque si vetus est, junctaque oleo sal, nitrum, gith, piper, quinquefolium.

Fereque, quæ vehementer et reprimunt et refrigerant, durant; quæ calefaciunt, digerunt et emolliunt: præcipueque ad emolliendum potest cataplasma ex lini vel fœni græci semine.

His autem omnibus, et simplicibus, et permistis, varie medici utuntur; ut magis, quid quisque persuaserit sibi, appareat, quam quid evidenter compererit.

ORDO.

nicum malum. Autem reprimunt sine frigore, cocta cotonea mala, malicorium, calida aqua, in qua verbenæ sunt coctæ, quas posui supra, pulvis vel ex fæce vini, vel ex foliis myrti, amaræ nuces.

Vero cataplasma ex qualibet farina calefacit, sive ex tritici, sive ex farris, sive hordei, sive ervi, vel lolii, vel milii, vel panici, vel lenticulæ, vel fabæ, vel lupini, vel lini, vel fœni græci, ubi ea deferbuit, que imposita est calida. Tamen omnis farina est valentior ad id, cocta ex mulso, quam ex aqua. Præterea cyprinum, irinum, medulla, adeps ex fele, oleum, que magis, si est vetus, que sal juncta oleo, nitrum, gith, piper, quinquefolium.

Que fere quæ et reprimunt et refrigerant vehementer, durant; quæ calefaciunt, digerunt et emolliunt: que cataplasma ex semine lini vel fœni græci potest præcipue ad emolliendum.

Autem medici utuntur omnibus his et simplicibus et permistis varie; ut appareat quid quisque persuaserit sibi, magis quam quid compererit evidenter.

TRANSLATION.

But these repress without cooling, viz. boiled quinces, pomegranate rind, hot water, in which vervains have been boiled, which I have mentioned above, wine lees or myrtle leaves reduced to powder, bitter almonds.

Calefacients are cataplasms made of any flour, whether that of wheat, or of far (54), or of barley, of vetches, or of darnel, or of millet, or of panicum, or of small lentils, or of beans, or of lupines, or of lint-seed, or of fœnugreek, being boiled and then laid on hot. Indeed all kinds of meal are rendered more efficient for this purpose, by being boiled in hydromel, rather than water. Besides these, privet oil, oil of iris, marrow, fat of a cat, oil, especially if it be old, and salt mixed with oil, nitre, git, pepper, cinquefoil.

For the most part those things, which both repress and cool violently, *at the same time* harden; those things which excite warmth, digest and soften; but a cataplasm of lint seed, or fœnugreek is the most powerful emollient.

But physicians use them all, both simple and compound, variously; so that we see what each persuaded himself of, rather than what he might have discovered to be evidently useful.

A. CORN. CELSI

DE MEDICINA

LIBER TERTIUS.

CAP. I.

DE MORBORUM GENERIBUS.

Provisis omnibus, quæ pertinent ad universa genera morborum, ad singulorum curationes veniam. Hos autem in duas species Græci diviserunt; aliosque ex his acutos, alios longos esse dixerunt: ideoque, quoniam non semper eodem modo respondebant, eosdem alii inter acutos, alii inter longos retulerunt. Ex quo, plura eorum genera esse, manifestum est.

Quidam enim breves acutique sunt, qui cito vel tollunt hominem, vel ipsi cito finiuntur: quidam longi, sub quibus neque sanitas in propinquo, neque

ORDO.

TERTIUS LIBER

AUR. COR. CELSI

DE MEDICINA.

CAP. I.

DE GENERIBUS MORBORUM.

Omnibus provisis, quæ pertinent ad universa genera morborum, veniam ad curationes singulorum. Autem Græci diviserunt hos in duas species; quæ dixerunt alios ex his esse acutos, alios longos: que ideo, quoniam non respondebant semper eodem modo, alii retulerunt eosdem inter acutos, alii inter longos. Ex quo est manifestum, esse plura genera eorum.

Enim quidam sunt breves, que acuti, qui vel cito tollunt hominem, vel ipsi cito finiuntur: quidam longi, sub quibus neque sanitas, neque exitium est in propinquo: que

TRANSLATION.

THE THIRD BOOK

OF

AURELIUS CORNELIUS CELSUS

ON MEDICINE.

CHAP. I.

OF THE DIFFERENT KINDS OF DISEASES.

Having premised all these things, which pertain to diseases in general, I shall proceed to the treatment of each. Now the Greeks have divided these into two species: one they termed acute, the other chronic: and on this account, because they did not always assume the same form, some referred the same diseases to the acute, which others classed among the chronic. By which it is manifest, that there are many species of them.

For some are short and acute, which either carry off the patient in a short time, or are themselves soon terminated: some are chronic, under which, there is

exitium est; tertiumque genus eorum est, qui modo acuti, modo longi sunt; idque non in febribus tantummodo, in quibus frequentissimum est, sed in aliis quoque fit. Atque etiam, præter hos, quartum est, quod neque acutum dici potest, quia non perimit; neque utique longum, quia, si occurritur, facile sanatur. Ego, cum de singulis dicam, cujus quisque generis sit, indicabo. Dividam autem omnes in eos, qui in totis corporibus consistere videntur, et eos, qui oriuntur in partibus. Incipiam a prioribus, pauca de omnibus præfatus.

In nullo quidem morbo minus fortuna sibi vindicare, quam ars potest; utpote cum, repugnante natura, nihil medicina proficiat. Magis tamen ignoscendum medico est parum proficienti in acutis morbis, quam in longis. Hic enim breve spatium est, intra quod, si auxilium non profuit, æger exstinguitur: ibi et deliberationi, et mutationi remediorum tempus patet; adeo ut raro, si inter initia medicus accessit, obsequens æger sine illius vitio pereat. Longus tamen morbus cum penitus insedit, quod ad difficultatem pertinet, acuto par est. Et acutus quidem, quo vetustior est, longus autem, quo recentior, eo facilius curatur. Alterum illud ig-

ORDO.

tertium genus est eorum, qui sunt modo acuti, modo longi; que id fit non tantummodo in febribus, in quibus est frequentissimum, sed quoque in aliis. Atque etiam, præter hos, est quartum, quod neque potest dici acutum, quia non perimit; neque utique longum, quia, si occurritur, sanatur facile. Ego indicabo cujus generis quisque sit, cum dicam de singulis. Autem dividam omnes in eos, qui videntur consistere in totis corporibus, et eos qui oriuntur in partibus. Incipiam a prioribus, præfatus pauca de omnibus.

In nullo morbo quidem fortuna potest vindicare minus sibi, quam ars; utpote cum medicina proficiat nihil, natura repugnante. Tamen est ignoscendum magis medico proficiente parum in acutis morbis, quam in longis. Enim hic spatium est breve, intra quod, si auxilium non profuit, æger exstinguitur: ibi tempus patet et deliberationi, et mutationi remediorum, adeo ut, si medicus accessit inter initia obsequens æger raro pereat sine vitio illius. Tamen cum longus morbus insedit penitus, quod pertinet ad difficultatem, est par acuto. Et acutus quidem curatur eo facilius, quo vetustior est, autem longus, quo recentior. Oportet illud alterum non ig-

TRANSLATION.

neither a speedy recovery, nor a speedy death; and there is a third kind of them, which are sometimes acute, sometimes chronic; and this not only happens in fevers, in which it is most frequent, but also in other diseases. Besides these there is a fourth, which can neither be called acute, because they do not prove fatal; neither are they truly chronic, because, if the means be employed, they are easily cured. I shall point out to what genus each may belong, when I come to treat of them severally. Now I shall divide them into those which seem to occupy the whole body, and those which arise in parts only. Having prefaced these by a few observations on all, I shall commence with the first.

Indeed there is no disease in which chance can claim less for itself, than art; inasmuch as medicine can avail nothing in opposition to nature. Yet it is more pardonable in a physician to fail in acute diseases, than in chronic. For in the first, the space is short, in which, if the remedies fail, the patient is lost: in the latter case, there is time both for deliberation, and for a change of remedies; so that if the physician have been applied to in the beginning, a tractable patient is rarely lost, unless it be the fault of his attendant. Yet when a chronic disease has become thoroughly incorporated, it is, comparatively, as difficult as an acute one. Therefore when an acute disease becomes chronic, and a chronic, recent, they are both more easily cured.

norari non oportet, quod non omnibus ægris eadem auxilia conveniunt. Ex quo incidit, ut alia atque alia summi auctores, quasi sola, vindicaverint, prout cuique cesserant.

Oportet itaque, ubi aliquid non respondet, non tanti putare auctorem, quanti ægrum, experirique aliud atque aliud: sic tamen, ut in acutis morbis cito mutetur, quod nihil prodest; in longis, quos tempus, ut facit, sic etiam solvit, non statim condemnetur, si quid non statim profuit; minus vero removeatur, si quid paulum saltem juvat; quia profectus tempore expletur.

ORDO.

norari, quod eadem auxilia non conveniunt omnibus ægris. Ex quo incidit ut summi auctores vindicaverunt alia atque alia, quasi sola, prout cesserant cuique.

Itaque oportet, ubi aliquid non respondet, non putare auctorem tanti, quanti ægrum, que experiri aliud atque aliud: tamen sic ut in acutis morbis quod prodest nihil mutetur cito: in longis, quos ut tempus facit, sic etiam solvit, si quid non profuit statim non condemnetur statim, vero siquid juvat paulum saltem minus removeatur: quia profectus expletur tempore.

TRANSLATION.

There is another thing which one ought not to be ignorant of, that is, the same remedies do not benefit all patients. Hence it has happened that the highest authors have defended the efficacy, some of one thing, some of another, as if the only remedies, according as they had succeeded to each.

Therefore it is necessary, when any one of these (*highly recommended*) remedies fails, not to think the author of so much repute as the patient's life, but to try another and another remedy: yet so, that in acute diseases, that which appears to do no good, may be changed very soon: in chronic diseases, as they progress with time, so are they resolved by time, consequently if any thing have not benefited immediately, it should not be condemned immediately: much less must that be removed which has at least given some relief; because the desired effects are completed by time.

CAP. II.

QUOMODO MORBI COGNOSCANTUR, ET AN INCRESCANT, AN MINUANTUR, ET QUA RATIONE AB INITIO, QUI LANGUERE INCIPIT, CURARE DEBEAT.

PROTINUS autem inter initia scire facile est, quis acutus morbus, quis longus

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CAP. II.

QUOMODO MORBI COGNOSCANTUR, ET AN INCRESCANT, AN MINUANTUR, ET QUA RATIONE DEBEAT CURARI, QUI INCIPIT LANGUERE AB INITIO.

AUTEM est facile scire protinus inter initia quis morbus sit acu-

TRANSLATION.

CHAP. II.

GENERAL DIAGNOSTICS OF ACUTE AND CHRONIC, INCREASING AND DECREASING DISEASES; MODE OF TREATMENT; NECESSARY PRECAUTIONS ON THE APPREHENSION OF DISEASE.

IT is easy to know even in the commencement, whether a disease be acute or

sit: non in iis solum, in quibus semper ita se habet; sed in his etiam, in quibus variat. Nam ubi sine intermissionibus accessiones et dolores graves urgent, acutus morbus est: ubi lenti dolores, lentæve febres sunt, et spatia inter accessiones porriguntur, acceduntque ea signa, quæ in priore volumine exposita sunt, longum hunc futurum esse, manifestum est.

Videndum etiam est, morbus an increscat, an consistat, an minuatur: quia quædam remedia increscentibus morbis, plura inclinatis conveniunt; eaque, quæ crescentibus apta sunt, ubi acutus increscens urget, in remissionibus potius experienda sunt. Increscit autem morbus, dum graviores dolores, accessionesque veniunt; hæque et ante, quam proximæ, revertuntur, et postea desinunt. Atque in longis quoque morbis, etiam tales notas non habentibus, scire licet, increscere, si somnus incertus est, si deterior concoctio, si fœdiores dejectiones, si tardior sensus, si pigrior mens, si percurrit corpus frigus aut calor, si id magis pallet. Ea vero, quæ contraria his sunt, decedentis ejus notæ sunt.

Præter hæc, in acutis morbis serius æger alendus est, nec nisi jam in-

ORDO.

tus, quis longus: non solum in iis in quibus habet se semper ita, sed etiam in his in quibus variat. Nam ubi graves accessiones et dolores urgent sine intermissionibus, morbus est acutus: ubi dolores sunt lenti, ve febres lentæ, et spatia inter accessiones porriguntur, que ea signa accedunt, quæ exposita sunt in priore volumine, est manifestum hunc futurum esse longum.

Etiam est videndum, an morbus increscat, an consistat, an minuatur: quia quædam remedia conveniunt increscentibus morbis, plura inclinatis; que ea, quæ sunt apta crescentibus, ubi acutus increscens urget, sunt experienda potius in remissionibus. Autem morbus increscit dum graviores dolores que accessiones veniunt; que hæ et revertuntur ante, et desinunt postea, quam proximæ. Atque quoque in longis morbis, etiam non habentibus tales notas, licet scire increscere, si somnus est incertus, si concoctio deterior; si dejectiones fœdiores, si sensus tardior, si mens pigrior, si frigus aut calor percurrit corpus, si id magis pallet. Vero ea quæ sunt contraria his, sunt notæ ejus decedentis.

Præter hæc in acutis morbis æger est alendus serius, nec nisi

TRANSLATION.

chronic: not only in those cases which are always so; but also in those which vary. For when violent accessions and pains oppress the patient without intermission, the disease is acute: when the pains are moderate, or the fever slight, and the intervals between the paroxysms prolonged, and those symptoms accede which have been explained in the preceding book, it is manifest that the disease is about to become chronic.

It is necessary to observe also, whether the disease be progressing, stationary, or receding: because some remedies are proper for increasing diseases, much more for those which are declining; and those remedies which are applicable to increasing diseases, when an acute disorder is progressing, ought rather to be tried in the remissions. Now a disease increases as long as severe pains and paroxysms come on; when these return sooner, and cease later than the last accession. Even in chronic diseases not having those signs, it is held to increase, if the sleep be interrupted, if digestion be impaired, if the motions be more fetid, if the senses be more dull, if the mind be less active, if a sense of cold or heat thrill through the body, and, if that be more pallid than usual. But the symptoms which are the reverse of these, are the prognoses of its retrogression.

Besides these things, in acute diseases the patient is to have food at a more

clinatis; ut primo dempta materia impetum frangat: in longis maturius, ut sustinere spatium affecturi mali possit. Ac si quando is non in toto corpore, sed in parte est; magis tamen ad rem pertinet, vim totius corporis moliri, quam proprie partes ægræ sanentur. Multum etiam interest, ab initio quis recte curatus sit, an perperam: quia curatio minus iis prodest, in quibus assidue frustra fuit. Si quis temere habitus, adhuc integris viribus vivit, admota curatione momento restituitur.

Sed cum ab iis cœperim, quæ notas quasdam futuræ adversæ valetudinis exhibent, curationum quoque principium ab animadversione ejusdem temporis faciam. Igitur, si quid ex iis, quæ proposita sunt, incidit, omnium optima sunt, quies et abstinentia; si quid bibendum, aqua; idque interdum uno die fieri satis est; interdum, si terrentia manent, biduo: proximeque abstinentiam sumendus est cibus exiguus, bibenda aqua; postero die etiam vinum; deinde invicem alternis diebus, modo aqua, modo vinum, donec omnis causæ metus finiatur. Per hæc enim sæpe

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jam inclinatis; ut materia dempta primo frangat impetum: in longis maturius, ut possit sustinere spatium mali affecturi. Ac si quando is non est in toto corpore, sed in parte, tamen pertinet magis ad rem, moliri vim totius corporis, quam partes ægræ proprie sanentur. Etiam interest multum, quis curatus sit recte ab initio, an perperam: quia curatio prodest minus iis in quibus fuit assidue frustra. Si quis habitus temere, vivit adhuc viribus integris, curatione admota, restituitur momento.

Sed cum cœperim ab iis quæ exhibent quasdam notas adversæ valetudinis futuræ, faciam principium quoque curationum ab animadversione ejusdem temporis. Igitur, si quid ex iis, quæ proposita sunt, incidit, optima omnium sunt, quies et abstinentia; siquid (est) bibendum, aqua; que interdum est satis id fieri uno die; interdum, si terrentia manent, biduo, que proxime abstinentiam, exiguus cibus est sumendus, aqua bibenda; postero die, etiam vinum; deinde invicem alternis diebus, modo aqua, modo vinum, donec omnis causa metus finiatur. Enim sæpe gravis morbus

TRANSLATION.

distant period, except in those already receding; so that the first privation may break its violence: in chronic maladies earlier, that the patient may be able to sustain the duration of the disease that is about to affect him.

But if at any time, that disease be not in the whole body, but in a part; then it is more pertinent to the case, to support the strength of the whole body, than that the diseased parts in particular should become the object of our care. It is also of great importance, whether a patient have been correctly treated, or maltreated from the beginning: because the subsequent treatment will be less successful with those on whom previous attempts have been assiduously frustrated. If any one, having been improperly treated, survive with his physical strength as yet unbroken, he may be restored in a short time, by the application of proper treatment.

But since I have begun with those symptoms which exhibit certain marks of future disease, I shall also commence the treatments by animadverting to the same time. Therefore if any of those things happen, which have been previously mentioned, the best of all remedies are rest and abstinence: if any thing be drunk it should be water; and sometimes it is sufficient to do that for one day: sometimes for two, when the alarming symptoms continue: and the next day after abstinence little food is to be taken, and water for the drink: on the following day even wine may be drunk, then every other day, alternately wine and water, until every cause

instans gravis morbus discutitur. Plurimique falluntur, dum se primo die protinus sublaturos languorem, aut exercitatione, aut balneo, aut coacta dejectione, aut vomitu, aut sudationibus, aut vino sperant. Non quod non interdum id incidat, aut non decipiat; sed quod sæpius fallat, solaque abstinentia sine ullo periculo medeatur: cum præsertim etiam pro modo terroris moderari liceat; et si leviora indicia fuerint, satis sit a vino tantum abstinere, quod subtractum plus, quam si cibo quid dematur, adjuvat: si paulo graviora, facile sit non aquam tantum bibere, sed etiam cibo carnem subtrahere; interdum panis quoque minus, quam pro consuetudine assumere, humidoque cibo esse contentum, et olere potissimum: satisque sit, tum ex toto a cibo, a vino, ab omni motu corporis abstinere, cum vehementes notæ terruerunt.

Neque dubium est, quin vix quisquam, qui non dissimulavit, sed per hæc mature morbo occurrit, ægrotet.

ORDO.

instans discutitur per hæc. Que plurimi falluntur, dum sperant se sublaturos languorem protinus primo die, aut exercitatione, aut balneo, aut coacta dejectione, aut vomitu, aut sudationibus, aut vino. Non quod id non incidat interdum, aut non decipiat; sed quod, fallat sæpius, que abstinentia sola medeatur sine ullo periculo: præsertim cum etiam liceat moderari pro modo terroris; et si indicia fuerint leviora, sit satis tantum abstinere a vino, quod subtractum adjuvat plus, quam siquid dematur cibo; si paulo graviora, sit facile non tantum bibere aquam, sed etiam subtrahere carnem cibo; interdum quoque assumere minus panis, quam pro consuetudine, que esse contentum humido cibo, et potissimum olere: que sit satis, tum ex toto abstinere a cibo, a vino, ab omni motu corporis, cum vehementes notæ terruerunt.

Neque est dubium, quin vix quisquam ægrotet, qui non dissimulavit, sed occurrit morbo mature per hæc.

TRANSLATION.

of fear be removed. For by these means, a severe, impending disease is averted. Many persons are deceived, while they flatter themselves that the languor has been dissipated either by exercise on the first day, or by a bath, by purging, by vomiting, or by perspiration, or by wine. Not because that does not sometimes happen, or may not deceive, but very often it is fallacious, while abstinence alone may effect a cure without any danger: especially as this may be proportioned to the alarm; and if the symptoms be slight, it may be sufficient to abstain from wine only, which being withdrawn, assists more, than if some portion had been taken from the food; if the accessions be a little more severe, it will be easy, not only to drink water, but to withhold flesh also from the food: sometimes it will be necessary for him to take less bread than usual, and to be content with moist food, and more particularly with vegetables: and when violent symptoms have given the alarm, it may be sufficient then, to abstain entirely from food, wine, and every corporeal exercise.

Neither can it be doubted, that scarcely any one falls ill, who has not disregarded these means, or those who have in due time opposed the disease by them.

CAP. III.

DE FEBRIUM GENERIBUS.

ATQUE hæc quidem sanis facienda sunt, tantum causam metuentibus. Sequitur vero curatio febrium, quod et in toto corpore, et vulgare maxime morbi genus est.

Ex his una quotidiana, altera tertiana, altera quartana est: interdum etiam longiore circuitu quædam redeunt; sed id raro fit. In prioribus, et morbi sunt, et medicina.

Et quartanæ quidem simpliciores sunt. Incipiunt fere ab horrore; deinde calor erumpit; finitaque febre biduum integrum est: ita quarto die revertitur. Tertianarum vero duo genera sunt. Alterum eodem modo, quo quartana, et incipiens, et desinens; illo tantum interposito discrimine, quod unum diem præstat integrum, tertio redit. Alterum longe perniciosius, quod tertio quidem die revertitur, ex octo autem et quadraginta horis fere sex et triginta per accessionem occupat, interdum etiam

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CAP. III.

DE GENERIBUS FEBRIUM.

ATQUE hæc quidem sunt facienda sanis, tantum metuentibus causam. Vero curatio febrium sequitur, quod genus morbi est et in toto corpore, et maxime vulgare.

Ex his una est quotidiana, altera tertiana, altera quartana: interdum etiam quædam redeunt longiore circuitu; sed id fit raro. Et morbi et medicina sunt in prioribus.

Et quartanæ sunt quidem simpliciores. Incipiunt fere ab horrore, deinde calor erumpit: que febre finita, biduum est integrum; ita revertitur quarto die. Vero sunt duo genera tertianarum. Alterum et incipiens et desinens eodem modo quo quartana; tantum illo discrimine interposito, quod præstat unam diem integrum, redit tertio. Alterum longe perniciosius, quod revertitur quidem tertio die, autem ex octo et quadraginta horis occupat fere sex et triginta per accessionem, interdum etiam vel

TRANSLATION.

CHAP. III.

OF THE SPECIES OF FEVERS

Now these cautions are to be attended to by persons in health, only apprehensive of illness. But now we come to the treatment of fevers, a genus of diseases not only occupying the whole body, but very common.

Of these, one is QUOTIDIAN, another, TERTIAN, and a third QUARTAN: sometimes indeed they run a longer circuit, but that happens rarely. Under the former are comprehended, both the diseases and their treatment.

Now the quartan fevers indeed are the more simple. They begin generally with shivering, then a heat breaks out; and the paroxysm being over the patient is free for two days: and thus it returns on the fourth day. But there are two kinds of the tertians. The one hath beginning and terminating like the quartan; with this distinction only, that there is one clear day, interposing, and returns on the third. The other is by far more dangerous, because it returns indeed on the third day, but out of forty-eight hours, it occupies thirty-six of these in the paroxysm, some-

vel minus, vel plus; neque ex toto in remissione desistit, sed tantum levius est. Id genus plerique medici ἡμιτριταῖον appellant.

Quotidianæ vero variæ sunt, et multiplices. Aliæ enim protinus a calore incipiunt, aliæ a frigore, aliæ ab horrore. Frigus voco, ubi extremæ partes membrorum inalgescunt: horrorem, ubi totum corpus intremit. Rursus aliæ sic desinunt, ut ex toto sequatur integritas: aliæ sic, ut aliquantum quidem minuatur ex febre, nihilominus tamen quædam reliquiæ remaneant, donec altera accessio accedat: ac sæpe aliæ vix quidquam aut nihil remittant, sed ita ut continuent.

Deinde, aliæ fervorem ingentem habent, aliæ tolerabilem: aliæ quotidie pares sunt, aliæ impares; atque invicem altero die leniores, altero vehementiores: aliæ tempore eodem postridie revertuntur, aliæ vel serius vel celerius: aliæ diem noctemque accessione et decessione implent, aliæ minus, aliæ plus: aliæ, cum decedunt, sudorem movent, aliæ non movent; atque alias per sudorem ad integritatem venitur, alias corpus tantum imbecillius redditur.

Accessiones etiam, modo singulæ singulis diebus fiunt, modo binæ plu-

ORDO.

minus vel plus; neque desistit ex toto in remissione, sed tantum est levius. Plerique medici appellant id genus ἡμιτριταῖον (semitertiana).

Vero quotidianæ sunt variæ, et multiplices. Enim aliæ incipiunt protinus a calore, aliæ a frigore, aliæ ab horrore. Voco frigus, ubi extremæ partes membrorum inalgescunt: horrorem, ubi totum corpus intremit. Rursus aliæ desinunt sic, ut integritas sequatur ex toto: aliæ sic, ut aliquantum quidem minuatur ex febre, tamen nihilominus quædam reliquiæ remaneant, donec altera accessio accedat: ac sæpe aliæ remittant vix quidquam aut nihil, sed ita ut continuent.

Deinde aliæ habent ingentem fervorem, aliæ tolerabilem: aliæ sunt pares quotidie, aliæ impares, atque invicem leniores altero die, vehementiores alteri: aliæ revertuntur eodem tempore postridie, aliæ vel serius vel celerius: aliæ implent diem que noctem accessione et decessione, aliæ minus, aliæ plus: aliæ, cum decedunt, movent sudorem, aliæ, non movent; atque alias venitur ad integritatem per sudorem, alias corpus redditur imbecillius tantum.

Etiam accessiones modo fiunt singulæ singulis diebus, modo binæ ve plures concurrunt: ex

TRANSLATION.

times less or more; nor does it cease entirely in the remission, but is only mitigated. Most physicians call that genus the semitertian.

But the quotidians are various and multiplex. For some begin at once with heat, others with cold, others with shivering. I call that cold, when the extreme parts of the limbs become cold: a shivering when the whole body trembles. Again some cease so, that a healthy intermission follows: others so, that although there be some diminution of the fever, yet nevertheless some relics remain, until another accession comes on: and very often, others remit scarcely any thing, or none at all, but continue so.

Others again, have excessive heat, some more tolerable: some have similar, others dissimilar paroxysms daily; and alternately gentler on one day, more violent on another: some return at the same time on the following day, others either sooner or later: some complete a day and night in the accession and decession, some less, others more: some terminate by perspiration, others do not: and at one time a free intermission ensues perspiration, at another time it leaves the body weaker. Sometimes the paroxysms take place singly, at other times two,

resve concurrunt: ex quo sæpe evenit, ut quotidie plures accessiones remissionesque sint; sic tamen, ut unaquæque alicui priori respondeat. Interdum vero accessiones quoque confunduntur, sic, ut notari neque tempora earum, neque spatia possint.

Neque verum est, quod dicitur a quibusdam, nullam febrem inordinatam esse, nisi aut ex vomica, aut ex inflammatione, aut ex ulcere: facilior enim semper curatio foret, si hoc verum esset. Sed quod evidentes causæ faciunt, facere etiam abditæ possunt.

Neque de re, sed de verbo controversiam movent, qui, cum aliter aliterque in eodem morbo febres accedunt, non easdem inordinate redire, sed alias aliasque subinde oriri dicunt. Quod tamen ad curandi rationem nihil pertineret, etiamsi vere diceretur. Tempora quoque remissionum modo liberalia, modo vix ulla sunt.

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quo evenit sæpe, ut sint plures accessiones que remissiones quotidie: sic tamen, ut unaquæque respondeat alicui priori. Vero interdum quoque accessiones confunduntur, sic ut neque tempora, neque spatia earum possint notari.

Neque est verum, quod dicitur a quibusdam, nullam febrem esse inordinatam nisi aut ex vomica, aut ex inflammatione, aut ex ulcere: enim curatio foret semper facilior, si hoc esset verum. Sed quod faciunt evidentes causæ, possunt facere abditæ etiam.

Neque movent controversiam de re, sed de verbo, qui cum febres accedant aliter que aliter in eodem morbo, non dicunt easdem redire inordinate, sed oriri subinde alias que alias.

Quod tamen nihil pertineret ad rationem curandi, etiamsi diceretur vere. Quoque tempora remissionum sunt modo liberalia, modo vix ulla.

TRANSLATION.

or even more occur: whence it happens, that there may be several accessions and remissions daily: yet in such a manner that each accession corresponds with the preceding one. But sometimes the paroxysms are so confounded, that neither their time nor duration can be observed.

Neither is that true which is related by some persons, that no fever is irregular, unless there be vomica, or inflammation, or an ulcer: for the treatment would be always more easy, if this were true. But that which is produced by evident causes, may also be the result of latent.

Nor do they provoke a controversy concerning the matter itself, but about words only, who, maintain that when fevers return sometimes one way, sometimes another, in the same disease, that they are not the erratic returns of the same fever, but various others successively arising; which however would avail nothing to the mode of treatment, even if true. Also the remissions are sometimes considerable, sometimes scarcely any.

CAP. IV.

DE CURATIONUM DIVERSIS GENERIBUS.

Et febrium quidem ratio maxime talis est. Curationum vero diversa genera sunt, prout auctores aliquos habent. Asclepiades officium esse medici dicit, ut tuto, ut celeriter, ut jucunde curet. Id votum est: sed fere periculosa esse nimia et festinatio et voluptas solet. Qua vero moderatione utendum sit, ut quantum fieri potest, omnia ista contingant, prima semper habita salute, in ipsis partibus curationum considerandum erit.

Et ante omnia quæritur, primis diebus æger qua ratione continendus sit. Antiqui, medicamentis quibusdam datis, concoctionem moliebantur; eo quod cruditatem maxime horrebant: deinde eam materiam, quæ lædere videbatur, ducendo sæpius alvum subtrahebant. Asclepiades medicamenta sustulit; alvum non toties, sed fere tamen in omni morbo, subduxit: febre vero ipsa præ-

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CAP. IV.

DE DIVERSIS GENERIBUS CURATIONUM.

Et ratio febrium quidem est maxime talis. Vero sunt diversa genera curationum, prout habent aliquos auctores. Asclepiades dicit officium medici esse ut curet tuto, ut celeriter, ut jucunde. Id est votum: sed fere et nimia festinatio et voluptas solet esse periculosa. Vero qua moderatione sit utendum, ut omnia ista contingant, quantum potest fieri, salute semper habita prima, erit considerandum in partibus ipsis curationum.

Et ante omnia quæritur qua ratione æger sit continendus primis diebus. Antiqui moliebantur concoctionem quibusdam medicamentis datis; eo quod horrebant maxime cruditatem; deinde ducendo alvum sæpius subtrahebant eam materiam, quæ videbatur lædere. Asclepiades sustulit medicamenta: non subduxit alvum toties, sed tamen fere in omni morbo: vero professus est se uti præcipue febre ipsa ad remedium.

TRANSLATION.

CHAP. IV.

THE DIFFERENT MODES OF TREATMENT.

Such then is the general character of fevers. But there are various modes of treatment, according to the doctrine promulgated by various authors. Asclepiades says that it is the duty of a physician to cure his patient safely, speedily, and pleasantly. That is to be wished: but generally too much haste, and too great indulgence, are usually dangerous. But the treatment to be adopted, in order to obtain all those blessings, as far as it can be done, the safety of the patient being always held the principal essential, will be considered when we speak of the cures themselves.

First of all, let us inquire how the patient is to be restrained on the first days of the disease. The ancients essayed to effect concoction by administering certain medicines; for this reason, that they were much alarmed at crudity; afterwards they abstracted the matter which appeared to be the offending cause, by frequent enemata. Asclepiades withheld medicine; but he prescribed clysters in every disease although not so often; but he professed to use the fever itself as its own

cipue se ad remedium uti professus est. Convellendas enim vires ægri putavit, luce, vigilia, siti ingenti, sic, ut ne os quidem primis diebus elui sineret. Quo magis falluntur, qui per omnia jucundam ejus disciplinam esse concipiunt. Is enim ulterioribus quidem diebus cubantis etiam luxuriæ subscripsit; primis vero tortoris vicem exhibuit.

Ego autem, medicamentorum dari potiones, et alvum duci non nisi raro debere, concedo: et id non ideo tamen agendum, ut ægri vires convellantur, existimo; quoniam ex imbecillitate summum periculum est. Minui ergo tantum materiam superantem oportet, quæ naturaliter digeritur, ubi nihil novi accedit. Itaque abstinendus a cibo primis diebus est, in luce habendus æger, nisi infirmus, interdiu est, quoniam corpus ista quoque digerit; isque cubare quam maximo conclavi debet. Quod ad sitim vero somnumque pertinet, moderandum est, ut interdiu vigilet, noctu, si fieri potest, conquiescat: ac neque potet, neque nimium siti crucietur. Os etiam ejus elui potest, ubi et siccum est, et ipsi fœtet; quamvis id tempus aptum potioni non est. Commodeque Erasis-

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Enim putavit vires ægri convellendas luce, vigilia, ingenti siti, sic, ut sineret nequidem os elui primis diebus. Quo falluntur magis, qui concipiunt disciplinam ejus esse jucundam per omnia. Enim is quidem ulterioribus diebus subscripsit etiam luxuriæ cubantis; vero primis exhibuit vicem tortoris.

Autem ego concedo potiones medicamentorum debere dari, et alvum duci non nisi raro: et tamen existimo id non agendum id eo, ut vires ægri convellantur; quoniam est summum periculum ex imbecillitate. Ergo oportet tantum superantem materiam minui, quæ digeritur naturaliter, ubi nihil novi accedit. Itaque æger est abstinendus a cibo primis diebus, est habendus in luce interdiu, nisi infirmus, quoniam ista quoque digerit corpus: que is debet cubare conclavi quam maximo. Vero quod pertinet ad sitim, que somnum, est moderandum, ut vigilet interdiu; conquiescat noctu, si potest fieri: ac neque potet, neque crucietur nimium siti. Etiam ejus os potest elui, et ubi est siccum, et fœtet ipsi; quamvis id tempus non est aptum potioni. Que Erasistratus

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principal remedy. He imagined, that the strength of the patient ought to be reduced by light, watching, and intense thirst, so, that he would not even suffer the mouth to be washed on the first days. Therefore they are the more deceived, who believe his practice to have been pleasant in every respect. In the more advanced stage he even permitted the patient to indulge in luxuries, but at the commencement he acted the part of a torturer.

Now I concede, that medicinal potions, and injections ought to be given but sparingly: and yet I think, that this ought not to be done, in order to reduce the patient's strength; because in this there is the greatest danger. Therefore it is only necessary to diminish the superabundant material, which is naturally dispersed, when there is no new accession to it. For this reason the patient must abstain from food on the first days, to be kept in the light during the day, unless he be infirm, because that also wastes the body; and he ought to be in a very spacious chamber. But what pertains to thirst and sleep, it must be so regulated, that he may be awake in the day time, and sleep by night if possible: and neither to drink too much, nor to be tormented by too much thirst. His mouth may be rinsed out, both when it is dry and when there is a fœtid taste in it; although it be not a seasonable time for drinking. Erasistratus has very appropriately said, that

tratus dixit, sæpe, interiore parte humorem non requirente, os et fauces requirere; neque ad rem, male haberi ægrum, pertinere.

Ac primo quidem sic tenendus est. Optimum vero medicamentum est, opportune cibus datus: qui quando primum dari debeat, quæritur. Plerique ex antiquis tarde dabant, sæpe quinto die, sæpe sexto: et id fortasse vel in Asia, vel in Ægypto, cœli ratio patitur. Asclepiades, ubi ægrum triduo per omnia fatigaverat, quarto die cibo destinabat. At Themison nuper, non quando cœpisset febris, sed quando desisset, aut certe levata esset, considerabat; et ab illo tempore exspectato die tertio, si non accesserat febris, statim: si accesserat, ubi ea vel desierat, vel, si assidue inhærebat, certe si se inclinaverat, cibum dabat. Nihil autem horum utique perpetuum est. Nam potest primo die primus cibus dandus esse, potest secundo, potest tertio, potest non nisi quarto, aut quinto; potest post unam accessionem, potest post duas, potest post plures. Refert enim, qualis morbus sit, quale corpus, quale cœlum, quæ ætas, quod tempus anni: minimeque, in rebus multum inter se differentibus, perpetuum esse præceptum temporis potest.

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dixit commode, os et fauces sæpe requirere humorem, interiore parte non requirente; neque pertinere ad rem, ægrum haberi male.

Ac primo quidem est tenendus sic. Vero optimum medicamentum est, cibus opportune datus; qui quando debeat primum dari, quæritur. Plerique ex antiquis dabant cibum tarde, sæpe quinto die, sæpe sexto; et fortasse ratio cœli vel in Asia, vel in Ægypto, patitur id. Ubi Asclepiades fatigaverat ægrum per omnia triduo, destinabat quarto die cibo. At nuper Themison considerabat, non quando febris cœpisset, sed quando desisset, aut certe esset levata; et tertio die ab illo tempore exspectato, dabat cibum, statim, si febris non accesserat; si accesserat ubi ea vel desierat, vel si inhærebat assidue, certe si inclinaverat se. Autem nihil horum est utique perpetuum. Nam primus cibus potest esse dandus primo die, potest secundo, non potest nisi quarto aut quinto; potest post unam accessionem, potest post duas, potest post plures. Enim refert, qualis morbus sit, quale corpus, quale cœlum, quæ ætas, quod tempus anni, que in rebus differentibus multum inter se, præceptum temporis potest minime esse perpetuum. In

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the mouth and fauces often require moisture, when the interior parts (*of the body*) do not want it; neither can it be advantageous to the patient to be maltreated.

Such then ought to be the management at first. BUT THE BEST MEDICINE IS, FOOD SEASONABLY GIVEN: the question is, when must that be given. Most of the ancients gave it late, often on the fifth or sixth day; and perhaps the nature of the climate in Asia or in Egypt admits of that practice. When Asclepiades had exhausted the patient in every way, he allowed him food on the fourth day. But Themison lately, did not regard when the fever had begun, but when it ceased, or at least was relieved; and having waited for the third day from that time, he gave food immediately, if the fever had not acceded; if it had, then when it either had ceased, or if it did continue constantly, at least when it was mitigated. But neither of these rules is infallible. For it may be necessary to give food on the first day, or on the second, or on the third, or not until the fourth or fifth: it may be given after one paroxysm, or after two, or after several. For the nature of the disease, constitution, climate, age, and season of the year will make some difference: for in things differing so much from each other, no fixed time, much less can an invariable principle be laid down. In that disease which consumes the

In morbo, qui plus virium aufert, celerius cibus dandus est: itemque eo cœlo, quod magis digerit. Ob quam causam in Africa nullo die æger abstineri recte videtur. Maturius etiam puero, quam juveni; æstate, quam hieme, dari debet.

Unum illud est, quod semper, quod ubique servandum est, ut ægri vires subinde assidens medicus inspiciat, et quamdiu supererunt, abstinentia pugnet; si imbecillitatem vereri cœperit, cibo subveniat. Id enim ejus officium est, ut ægrum, neque supervacua materia oneret, neque imbecillitatem fame prodat. Idque apud Erasistratum quoque invenio: qui, quamvis parum docuit, quando venter, quando corpus ipsum exinaniretur, dicendo tamen, hæc esse videnda, et tum cibum dandum, cum corpori deberetur, satis ostendit, dum vires superessent, dari non oportere; ne deficerent, consulendum esse.

Ex his autem intelligi potest, ab uno medico multos non posse curari: eumque, si artifex est, idoneum esse, qui non multum ab ægro recedit. Sed qui quæstui serviunt, quoniam is major ex populo est, libenter amplectuntur ea præcepta, quæ sedulitatem non exigunt;

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morbo, qui aufert plus virium, cibus est dandus celerius: que item eo cœlo quod digerit magis. Ob quam causam in Africa æger videtur abstineri recte nullo die. Etiam debet dari maturius puero, quam juveni; æstate, quam hieme.

Illud est unum, quod est semper, quod (est) ubique servandum, ut medicus assidens inspiciat subinde vires ægri, et quamdiu supererunt, pugnet abstinentia; si cœperit vereri imbecillitatem, subveniat cibo. Enim id est ejus officium, ut, neque oneret ægrum supervacue materia, neque prodat imbecillitatem fame. Que invenio id quoque apud Erasistratum: qui quamvis docuit parvum, quando venter, (vel) quando corpus ipsum exinaniretur, tamen dicendo hæc esse videnda, et tum cibum dandum, cum deberetur corpori, ostendit satis, non oportere dari, dum vires superessent; esse consulendum ne deficerent.

Autem ex his potest intelligi, multos non posse curari ab uno medico: que eum esse idoneum, si est artifex, qui non recedit multum ab ægro. Sed qui serviunt questui quoniam is est major ex populo, amplectuntur libenter ea præcepta, quæ non exigunt sedulitatem; ut in hac

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strength so much, food must be given earlier: and in that climate also which has a more decomposing tendency: and for this reason, in Africa, the patient seems very properly withheld from food on no day. It ought to be given to a boy earlier than to a young man; in summer, sooner than in winter.

There is one thing which ought to be observed at all times, and in all places; the assiduous physician should frequently inspect the vital powers of the patient, and as long as they abound, he may combat the disease by abstinence; but if he begin to apprehend weakness, then he may allow nourishment. For it is his duty to exonerate his patient, if there be superfluous material, or to support him, if there be weakness from hunger. I find also in Erasistratus, who, although he has taught us but little, when the bowels and the body itself should be depleted, yet by saying that these things ought to be attended to, and that food ought to be given then, when the body stood in need of it, has evidently shewn, that it ought not to be given, while the strength abounds, still, he advises to guard against a deficiency.

From these considerations it may be inferred, that many patients cannot be attended by one physician: and that he is the most fit, if he be skilful in his art, who does not depart much from his patient. But those who are subservient for (*base*) gain, because that is greater in proportion to the number of people whom they attend, willingly embrace those precepts, which do not exact sedulous attend-

ut in hac ipsa re. Facile est enim dies vel accessiones numerare iis quoque, qui ægrum raro vident: ille assideat necesse est, qui, quod solum opus est, visurus est, quando nimis imbecillus futurus fit, nisi cibum acceperit. In pluribus tamen ad initium cibi dies quartus aptissimus esse consuevit.

Est autem alia etiam de diebus ipsis dubitatio; quoniam antiqui potissimum impares sequebantur, eosque, tamquam tunc de ægris judicaretur, κρισίμους nominabant. His erat dies tertius, quintus, septimus, nonus, undecimus, quartusdecimus, unus et vicesimus; ita ut summa potentia septimo, deinde quartodecimo, deinde uni et vicesimo daretur. Igitur sic ægros nutriebant, ut dierum imparium accessiones exspectarent; deinde postea cibum, quasi levioribus accessionibus instantibus, darent: adeo ut Hippocrates, si alio die febris desisset, recidivam timere sit solitus.

Id Asclepiades jure ut vanum repudiavit; neque in ullo die, quia par imparve esset, iis vel majus vel minus periculum esse dixit. Interdum enim pejores dies pares fiunt; et opportunius

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re ipsa. Enim est facile quoque iis qui raro vident ægrum numerare dies vel accessiones: est necesse ille assideat, qui est visurus, quod est solum opus, quando sit futurus nimis imbecillus, nisi acceperit cibum. Tamen in plurimis, quartus dies consuevit esse aptissimus ad initium cibi.

Autem est alia dubitatio etiam de diebus ipsis: quoniam antiqui sequebantur potissimum impares: que nominabant eos κρισίμους (chrisimous), tanquam judicaretur tunc de ægris. His erat, tertius dies, quintus, septimus, nonus, undecimus, quartusdecimus, unus et vicesimus; ita, ut summa potentia daretur septimo, deinde quarto decimo, deinde uni et vicesimo. Igitur nutriebant ægros sic, ut exspectarent accessiones imparium dierum: deinde postea darent cibum, quasi levioribus accessionibus instantibus: adeo ut Hippocrates, si febris desisset alio die, solitus sit timere recidivam.

Asclepiades repudiavit jure id ut vanum; que dixit ne esse vel majus vel minus periculum iis in ullo die, quia, esset par vel imparve. Enim interdum pares dies fiunt pejores, et cibus datur op-

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ance; as in this case itself. For it is easy even to those, who seldom see the sick to enumerate the days and the accessions: but he who would form a correct judgement, would do well to attend diligently, which is the most essential part, that he may see when it shall be necessary to administer food, lest his patient become too weak. Yet in most cases the fourth day is usually the fittest for the commencement of food.

But there is yet another doubt concerning the days themselves; for the ancients principally observed the odd days, and termed them *critical*, as if on these, a prognosis could be formed concerning the recovery of the sick. These days were, the third, the fifth, the seventh, the ninth, the eleventh, the fourteenth, and twenty-first; so that the greatest influence might be attributed to the seventh, the fourteenth, and then to the twenty-first. Therefore they nourished the sick in such a manner, that they waited for the accessions of the unequal days: then they gave food, as if at this period they anticipated milder accessions. So that even Hippocrates, was accustomed to fear a relapse, if the fever disappeared on any other day.

Asclepiades justly repudiated this as vain, and maintained that no day was more or less dangerous to the patient, by its being even or odd. For sometimes the even days happen to be the worst; and food is given more seasonably after

post eorum accessiones cibus datur. Nonnumquam etiam in ipso morbo dierum ratio mutatur; fitque gravior, qui remissior esse consueverat. Atque ipse quartusdecimus par est, in quo esse magnam vim antiqui fatebantur. Qui cum octavum primi naturam habere contenderent, ut ab eo secundus septenarius inciperet, ipsi sibi repugnabant, non octavum, neque decimum, neque duodecimum diem sumendo, quasi potentiorem: plus enim tribuebant nono, et undecimo. Quod cum fecissent sine ulla probabili ratione, ab undecimo, non ad tertiumdecimum, sed ad quartumdecimum transibant. Est etiam apud Hippocratem, ei, quem septimus dies liberaturus sit, quartum esse gravissimum. Ita, illo quoque auctore, in die pari et gravior febris esse potest, et certa futuri nota.

Atque idem alio loco quartum quemque diem, ut in utrumque efficacissimum apprehendit; id est quartum, septimum, undecimum, quartumdecimum, decimumseptimum. In quo et ab imparis ad paris rationem transit, et ne hoc quidem propositum conservavit; cum a septimo die undecimus, non quartus, sed quintus sit. Adeo apparet,

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portunius post accessiones eorum. Etiam nonnunquam in morbo ipso ratio dierum mutatur; que fit gravior, qui consueverat esse remissior. Atque quartusdecimus ipse, in quo antiqui fatebantur magnam vim esse, est par. Qui cum contenderent octavum habere naturam primi, ut secundus septenarius inciperet ab eo, ipsi repugnabant sibi non sumendo octavum, neque decimum, neque duodecimum diem, quasi potentiorem: enim tribuebant plus nono et undecimo. Quod cum fecissent sine ulla probabili ratione ab undecima transibant, non ad tertiumdecimum, sed ad quartumdecimum. Etiam est apud Hippocratem, quartum esse gravissimum ei quem septimus dies sit liberaturus. Ita quoque illo auctore, et febris potest esse gravior in pari die et certa nota futuri.

Atque idem alio loco apprehendit, quemque quartum diem, ut efficacissimum in utrumque: id est, quartum, septimum, undecimum, quartumdecimum, decimumseptimum. In quo transit ab imparis ad rationem paris, et ne quidem, conservavit hoc propositum: cum undecimus non sit quartus, sed quintus a septimo die. Adeo apparet, quacum-

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their accessions. Sometimes also the order of the days is changed in the same disease; and that day becomes more severe, which had been accustomed to be more mild. But the fourteenth itself, which the ancients confessed to be highly *critical*, is an even day. Who, when they contended that the eighth day partook of the nature of the first, because, the second septenary begins from that, they contradict themselves, by not taking the eighth, nor the tenth, nor the twelfth day as the more influential: for they attributed importance to the ninth and eleventh. Which, when they had done this without any plausible reason, they passed on from the eleventh, not to the thirteenth, but to the fourteenth. Hippocrates observed the fourth day to be more severe on that sufferer, who was about to be relieved on the seventh. So that even on his authority, the fever may be more severe on an even day, and a certain prognostic of the future may be furnished.

The same author in another place considered every fourth day as highly important with regard to each event; that is, the fourth, the seventh, the eleventh, the fourteenth, and the seventeenth: in which he passes from the odd to the even, neither in this has he maintained his proposition; since the eleventh does not happen to be the fourth, but the fifth day from the seventh. Therefore in whatever

quacumque ratione ad numerum respexerimus, nihil rationis, sub illo quidem auctore, reperiri. Verum in his quidem antiquos tunc celebres admodum Pythagorici numeri fefellerunt: cum hic quoque medicus non numerare dies debeat, sed ipsas accessiones intueri; et ex his conjectare, quando dandus cibus sit.

Illud autem magis ad rem pertinet, scire, tum oporteat dari, cum jam bene venæ conquieverunt, an etiamnum manentibus reliquiis febris. Antiqui enim quam integerrimis corporibus alimentum offerebant: Asclepiades, inclinata quidem febre, sed adhuc tamen inhærente. In quo vanam rationem secutus est: non quod non sit interdum maturius cibus dandus, si mature timetur altera accessio; sed quod scilicet quam sanissimo dari debeat: minus enim corrumpitur, quod integro corpori infertur. Neque tamen verum est, quod Themisoni videbatur, si duabus horis integer futurus esset æger, satius esse tum dare; ut ab integro corpore potissimum diduceretur. Nam si diduci tam celeriter posset, id esset optimum: sed cum hoc breve tempus non præstet, satius est, principia cibi a decedente febre, quam

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que ratione respexerimus ad numerum, nihil rationis reperire quidem sub illo auctore. Verum in his quidem Pythagorici numeri, tunc admodum celebres, fefellerunt antiquos, cum hic quoque medicus non debeat numerare dies, sed intueri accessiones ipsas: et ex his conjectare quando cibus sit dandus.

Autem illud pertinere magis ad rem, scire oporteat dari tum cum venæ jam conquieverunt bene, an reliquiis febris etiamnum manentibus. Enim antiqui offerebant alimentum corporibus quam integerrimis: Asclepiades febre inclinata quidem, sed tamen adhuc remanente. In quo secutus est vanam rationem: non quod cibus non sit interdum dandus maturius, si altera accessio timetur mature; sed quod scilicet debeat dari, quam sanissimo: enim corrumpitur minus quod infertur corpori integro. Neque tamen est verum quod videbatur Themisoni, si æger esset futurus integer duabus horis, esse satius dare tum: ut deduceretur ab corpore, potissimum integro. Nam si posset diduci tam celeriter, id esset optimum: sed cum hoc breve tempus non præstet, est satius, principia cibi excipi a febre decedente quam reliquias

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manner we regard his calculations, no sound reasoning is to be found in his theory. But indeed at that time the Pythagorean numbers being very celebrated, deceived the ancients, whereas in this, the physician ought not to number the days, but to watch the paroxysms themselves; and from these alone, form his judgement when food may be given.

But this is of more importance to know, whether it ought to be given when the veins (*arteries*) have become completely tranquillized, or while some relics of fever yet remain. The ancients indeed administered aliment to patients in the soundest state possible: Asclepiades (*gave food*) when the fever began to decline, but was still remaining. In which he followed a vain theory: not that food may not be given sometimes more early, if another accession be apprehended soon; but because it ought to be given to the patient in the most healthy state possible: for that is less liable to be vitiated which is introduced into a sound body. Nor is it true which Themison proposed, that if the patient were about to have an intermission of two hours, it would be preferable to give food then; that it might be digested by the body during the absence of fever. For if it could be assimilated with so much celerity, it were best; but since this brevity of space cannot effect that, it is better that food should be commenced, when the fever abates, in order

reliquias ab incipiente excipi. Ita, si longius tempus secundum est, quam integerrimo dandus est; si breve, etiam antequam ex toto integer fiat.

Quo loco vero integritas est, eodem est remissio, quæ maxima in febre continua potest esse. Atque hoc quoque quæritur, utrum tot horæ exspectandæ sint, quot febrem habuerunt; an satis sit, primam partem earum præteriri, ut ægris jucundius insidat, quibus interdum non vacat. Tutissimum est autem, ante totius accessionis tempus præterire: quamvis, ubi longa febris fuit, potest indulgeri ægro maturius, dum tamen ante minimum pars dimidia prætereatur. Idque non in ea sola febre, de qua proxime dictum est, sed in omnibus ita servandum est.

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ab incipiente. Ita si secundum tempus est longius, est dandus quam integerrimo; si breve, etiam antequam fiat ex toto integer.

Vero quo loco integritas est, eodem remissio est, quæ potest esse maxima in continua febre. Atque hoc quoque quæritur, utrum tot horæ sint exspectandæ, quot habuerunt febrem: an sit satis primam partem earum præteriri, ut insidat jucundius ægris, quibus interdum non vacat. Autem est tutissimum tempus totius accessionis præterire ante: quamvis, ubi febris fuit longa, potest indulgeri ægro maturius, dum tamen minimum dimidia pars prætereatur ante. Que id est servandum, ita non in ea febre sola, de qua dictum est proxime, sed in omnibus.

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that digestion may be accomplished, before the next accession comes on. Thus, if the intermission be very long, food is to be given to the patient when he is most free from fever; if short, even before the cessation of the paroxysm.

But at what time the sound interval takes place, that is the remission, which may be of considerable duration in a continued fever. But there is another question; whether we should wait so many hours as have been occupied by the fever; or, whether it may be sufficient for the first few hours to be passed over, that it may settle more pleasantly with those patients whose intermissions are sometimes short. But it is the safest, for the whole of the paroxysm to pass over first, although, when the accession has been long, the patient may be indulged a little earlier, on condition that at least one half of the time be passed. These things are to be observed so, not only in such fevers as we have been just treating of, but in all others.

CAP. V.

DE FEBRIUM SPECIEBUS, ET SINGULARUM CURATIONIBUS: ET PRIMO, QUANDO CIBUS FEBRICITANTIBUS DANDUS SIT.

Hæc magis per omnia genera febrium perpetua sunt: nunc ad singulas earum species descendam. Igitur si semel tantum accessit, deinde desiit, eaque vel ex inguine, vel ex lassitudine, vel ex æstu, aliave simili re fuit, sic, ut interior nulla causa metum fecerit, postero die, cum tempus accessionis ita transiit, ut nihil moverit, cibus dari potest. At si ex alto calor venit, et gravitas vel capitis vel præcordiorum secuta est, neque apparet, quid corpus confuderit; quamvis unam accessionem secuta integritas est; tamen, quia tertiana timeri potest, exspectandus est dies tertius: et ubi accessionis tempus præteriit, cibus dandus est, sed exiguus; quia quartana quoque timeri potest: et die quarto demum, si corpus integrum

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CAP. V.

DE SPECIEBUS FEBRIUM, ET CURATIONIBUS SINGULARUM, ET PRIMO QUANDO CIBUS SIT DANDUS FEBRICITANTIBUS.

Hæc sunt magis perpetua per omnia genera febrium: nunc descendam ad singulas species earum. Igitur si accessit tantum semel, deinde desiit, que ea fuit, vel ex inguine, vel ex lassitudine vel ex æstu, ve alia simili re, sic ut nulla interior causa fecerit metum, postero die cum tempus accessionis transiit ita ut moverit nihil, cibus potest dari. At si calor venit ex alto, et gravitas vel capitis vel præcordiorum secuta est, neque apparet quid confuderit corpus: quamvis integritas secuta est unam accessionem; tamen, quia tertiana potest timeri, tertius dies est exspectandus: et ubi tempus accessionis præteriit, cibus est dandus, sed exiguus; quia quartana potest quoque timeri: et demum quarto die si corpus est integrum,

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CHAP. V.

THE TREATMENT OF EACH SPECIE OF FEVER, AND THE TIMES OF GIVING FOOD.

These observations are more applicable to all kinds of fevers: I shall now proceed to their several species. Therefore, if there have been but one accession only, which has afterwards ceased, and this has been excited either by a disease (1) of the groin, or from lassitude, or from heat, or any similar cause, so that the apprehension does not proceed from some internal cause, on the following day, when the time of the accession has passed over without any sensible disturbance, food may be given. But if the heat originate from some deep hidden cause, and a heaviness either of the head or præcordia follow, and there be no apparent cause for the disturbance of the body; although apyrexia have succeeded one accession; yet because a tertian may be feared, we must wait for the third day: and when the time of the accession has passed, food may be given, but sparingly; because a quartan also may be dreaded: but if the body at last be free from fever on

est, eo cum fiducia utendum. Si vero postero, tertiove, aut quarto die secuta febris est; scire licet, morbum esse.

Sed tertianarum, quartanarumque, quarum et certus circuitus est, et finis integer, et liberaliter quieta tempora sunt, expeditior ratio est: de quibus suo loco dicam. Nunc vero eas explicabo, quæ quotidie urgent. Igitur tertio quoque die cibus ægro commodissime datur: ut alter febrem minuat, alter viribus subveniat. Sed is dari debet, si quotidiana febris est, quæ ex toto desinat, simul atque corpus integrum factum est: si quamvis non accessiones, febres tamen junguntur, et quotidie quidem increscunt, sed sine integritate tamen remittunt, cum corpus ita se habet, ut major remissio non exspectetur: si altero die gravior, altero levior accessio est, post grāviorem. Fere vero graviorem accessionem levior nox sequitur: quo fit, ut graviorem accessionem nox quoque tristior antecedat.

At si continuatur febris, neque levior umquam fit, et dari cibum necesse est, quando dari debeat, magna dissensio est. Quidam, quia fere remissius ma-

ORDO.

utendum eo cum fiducia. Vero si febris secuta est postero, ve tertio, aut quarto die, licet scire esse morbum.

Sed ratio tertianarum, que quartanarum est expeditior, quarum est et certus circuitus, et integer finis et tempora, sunt liberaliter quieta: de quibus dicam suo loco. Vero nunc explicabo eas quæ urgent quotidie. Igitur quoque cibus datur ægro commodissime tertio die: ut alter minuat febrem, alter subveniat viribus. Sed si est quotidiana febris, quæ desinat ex toto, is debet dari, simul atque corpus factum est integrum: si quamvis non accessiones, tamen febres junguntur, et quidem increscunt quotidie, sed tamen remittunt sine integritate, cum corpus habet se ita, ut major remissio non exspectetur: si accessio est gravior altero die, levior altero, post graviorem. Vero fere levior nox sequitur graviorem accessionem: quo fit, ut quoque tristior nox antecedat graviorem accessionem.

At si febris continuatur, neque unquam fit levior, et est necesse cibum dari, est magna dissensio quando debeat dari. Quia matutina tempus est fere remissius

TRANSLATION.

the fourth day, food may be given with confidence. But if fever have followed on the next, or on the third, or fourth day, we may conclude it to be a disease.

Now the treatment of those tertians, and quartans is more easy, whose circuit is certain, the terminations healthy, and there are ample and quiet intermissions; of which I shall speak in their proper place. But at present I shall explain those fevers which return with daily exacerbation. Therefore in these, it is better to give food every third day: that the intervening day may abate the fever, the other support the strength. But if it be a quotidian, and cease entirely, food ought to be given as soon as the body becomes sound: for although there be not accessions immediately succeeding each other, yet they are connected, and increase daily; still they remit without a free interval, then food must be given, when the body is in that state, when it has got over the greater exacerbation: if the accession be more severe on one day, and milder on another, then let him have food after the more severe accession: whence it happens also, that a more restless night precedes a severe fit.

But if the fever be continued, and there be no mitigation, and there be a necessity for giving food, as to when this should be given, there is much difference of opinion.

tutinum tempus ægris est, tum putant dandum. Quod si respondet, non quia mane est, sed quia remissio est ægris, dari debet. Si vero ne tunc quidem ulla requies ægris est, hoc ipso pejus id tempus est, quod cum sua natura melius esse debeat, morbi vitio non est: simulque insequitur tempus meridianum, a quo cum omnis æger fere pejor fiat, timeri potest, ne ille magis etiam, quam ex consuetudine, urgeatur. Igitur alii vespere tali ægro cibum dant. Sed cum eo tempore fere pessimi sint, qui ægrotant, verendum est, ne, si quid tunc moverimus, fiat aliquid asperius. Ob hæc ad mediam noctem decurro; id est finito jam gravissimo tempore, eodemque longissime distante: secuturis vero antelucanis horis, quibus omnes fere maxime dormiunt; deinde matutino tempore, quod natura sua levissimum est.

Si vero febres vagæ sunt, quia verendum est, ne cibum statim subsequantur, quandocumque quis ex accessione levatus est, tunc debet assumere. At si plures accessiones eodem die veniunt, considerare oportet, pares ne per omnia sint, quod vix fieri potest, an impares.

ORDO.

ægris, quidam putant dandum tunc. Quod si respondet, debet dari, non quia est mane, sed quia est remissio ægris. Vero si nequidem est ulla requies ægris tunc, id tempus est hoc ipso pejus, quod cum sua natura debeat esse melius, non est vitio morbi: que simul meridianum tempus insequitur, a quo cum omnis æger fere fiat pejor, potest timeri, ne ille urgeatur etiam magis, quam ex consuetudine. Igitur alii dant cibum tali ægro, vespere. Sed cum, qui ægrotant, sint fere pessimi eo tempore, est verendum ne, si moverimus quid tunc, aliquid fiat asperius. Ob hæc decurro ad mediam noctem; id est, gravissimo tempore jam finito, que longissime distante: vero horis ante lucanis secuturis, quibus fere omnes dormiunt maxime; deinde matutino tempore, quod sua natura est levissimum.

Vero si febres sunt vagæ, quia est verendum ne subsequantur statim cibum, quandocunque quis levatus est ex accessione, tunc debet assumere. At si plures accessiones veniunt eodem die, oportet considerare ne sint pares per omnia, quod vix potest fieri, an impares. Si sunt pares

TRANSLATION.

Because the morning is for the most part easier to the patient, some think food ought to be given then. But if it succeed, it ought to be given, not because it is morning, but because there is a remission then. But if there be no mitigation then, that time is so much the worse, because, by its own nature, it ought to be better, yet owing to the malignancy of the disease it is not so: after this follows the meridian, after which, every patient becomes worse, it may be apprehended, that the patient may become worse than usual. Therefore some give food to such a patient in the evening: but since sick people are generally worse at that time, it is to be dreaded, lest by exciting any commotion, an aggravation of the disease may be the consequence. For these reasons, I defer it till midnight; that is, the evening exacerbation being over, and the next being at the greatest distance possible: and now the hours before dawn being about to follow, during which most people sleep sound; afterwards the morning, which is naturally the most favourable.

But if the accessions be erratic, for in such a case there is reason to apprehend, lest they follow immediately on food, then the patient ought to take food whenever he has been released from a paroxysm. But if several accessions come on the same day, it is necessary to consider whether they be similar during the whole

Si per omnia pares sunt, post eam potius accessionem cibus dari debet, quæ non inter meridiem et vesperem desinit: si impares sunt, considerandum est, quo distent. Nam si altera gravior, altera levior est, post graviorem dari debet: si altera longior, altera brevior, post longiorem: si altera gravior, altera longior est, considerandum est, utra magis affligat, illa vi, an hæc tempore, et post eam dandus est. Sed plane plurimum interest, quantæ qualesque inter eas remissiones sint. Nam si post alteram febrem motio manet, post alteram integrum corpus est, integro corpore, cibo tempus aptius est.

Si semper febricula manet, sed alterum tamen longius tempus remissionis est, id potius eligendum est; adeo ut, ubi accessiones continuantur, protinus, inclinata priore, dandus cibus sit. Etenim perpetuum est, ad quod omne consilium dirigi potest; cibum quam maxime semper ab accessione futura reducere; et, hoc salvo, dare quam integerrimo corpore. Quod non inter duas tantum, sed etiam inter plures accessiones servabitur. Sed cum sit aptissimum, tertio quoque die cibum dare;

ORDO.

per omnia, cibus debet dari potius post eam accessionem, quæ non desinit inter meridiem et vesperem: si sunt impares, est considerandum quo distent. Nam si altera est gravior, altera levior, debet dari post graviorem: si altera longior, altera brevior, post longiorem, si altera est gravior, altera longior, est considerandum utra affligat magis, illa vi, an hæc tempore, et est dandus post eam. Sed plane interest plurimum, quantæ que quales remissiones sint inter eas. Nam si motio manet post alteram febrem, corpus est integrum post alteram: aptius est, tempus cibus corpore integro.

Si febricula semper manet, sed tamen alterum tempus remissionis est longius, id est potius eligendum: adeo ut ubi accessiones continuantur, cibus dandus protinus priore inclinata. Enim est perpetuum, ad quod omne consilium potest dirigi, reducere cibum semper quam maxime ab accessione futura; et hoc salvo dare, corpore quam integerrimo. Quod servabitur, non tantum inter duas, sed etiam inter plures accessiones. Sed cum sit aptissimum dare cibum quoque tertio

TRANSLATION.

series, (which is scarcely possible) or dissimilar. If they be alike through all, food should be given rather after that accession which does not terminate between midday and evening: if they be unlike, then we ought to consider in what the difference consists. For if one be more vehement, the other milder, it ought to be given after the first; if the one should be longer, the other shorter, then after the longer: if the one be more severe, the other longer, then we should consider which of the two affect the patient most, the former by its violence, or the latter by its duration, and to give accordingly. But indeed it is of most importance, how great the remissions may be, and the nature of each, which may take place between the attacks. For if there happen to be any diseased action remaining after one paroxysm, and the body be entirely free after another, then the fittest time to give food is, when the patient is most free.

If a slight fever always remain, yet one remission may be longer than another, that is the most eligible; so that if the accessions be continued, food may be given immediately upon the decline of the first. For it is a perpetual rule, with which every other must coincide, to withhold food at the greatest possible distance from the impending paroxysm; and with this precaution being taken, to give it, when the patient is most free from pyrexia: which must be observed not only after two accessions, but after several. But although it may be very proper to give food

tamen, si corpus infirmum est, quotidie dandus est; multoque magis, si continentes febres sine remissione sunt, quanto magis corpus affligunt; aut si duæ pluresve accessiones eodem die veniunt. Quæ res efficit, ut et a primo die protinus cibus dari quotidie debeat, si protinus venæ conciderunt; et sæpius eodem die, si inter plures accessiones subinde vis corpori deest. Illud tamen in his servandum est, ut post eas febres minus cibi detur, post quas, si per corpus liceret, omnino non daretur.

Cum vero febris instet, incipiat, augeatur, consistat, decedat, deinde in decessione consistat, aut finiatur; scire licet, optimum cibo tempus esse febre finita; deinde, cum decessio ejus consistit; tertium, si necesse est, quandocumque decedit; cetera omnia periculosa esse. Si tamen propter infirmitatem necessitas urget, satius esse, consistente jam incremento febris, aliquid offerre, quam increscente; satius esse, instante, quam incipiente: cum eo tamen, ut nullo tempore is, qui deficit, non sit sustinendus.

Neque hercule satis est, ipsas tantum febres medicum intueri, sed etiam totius

ORDO.

die; tamen si corpus est infirmum, est dandus quotidie; que multo magis si febres sunt continentes sine remissione, quanto magis affligunt corpus; aut si duæ ve plures accessiones veniunt eodem die. Quæ res efficit, ut et cibus debeat dari quotidie, protinus a primo dio, si venæ conciderunt protinus; et sæpius eodem die, si vis deest corpori subinde inter plures accessiones. Tamen illud est servandum in his ut minus cibi detur post eas febres, post quas, si liceret per corpus, non daretur omnino.

Vero cum febris instet, incipiat, augeatur, consistat, decedat, deinde consistat in decessione, aut finiatur: licet scire optimum tempus esse cibo febre finita; deinde, cum decessio ejus consistit; tertium, si est necesse, quandocunque decedit; omnia cætera esse periculosa. Tamen si propter infirmitatem necessitas urget, esse satius offerre aliqnid, incremento febris jam consistente, quam increscente; esse satius, instante, quam incipiente: tamen cum eo, ut nullo tempore is, qui deficit, non sit sustinendus.

Neque hercule est satis medicum intueri tantum febres ipsas, sed etiam habitum totius

TRANSLATION.

every third day; yet if the body be weak, it ought to be given daily; and the more necessary if the fevers be continuous without any remission, by which, the patient is so much the more affected; or, if two or more accessions come on the same day: which circumstance renders it necessary, that food should be given daily from the first day, if the arterial action have subsided in a short time; and repeatedly, on the same day, if the *vis vitæ* be deficient during a succession of many paroxysms. Yet this must be observed in these instructions, that less nourishment is to be given after those paroxysms; whereas, if the physical powers would permit, none at all should be given.

Now as every fever has its approach, onset, progress, acmè, or decline, and again becomes stationary, although subdued, or entirely terminated; we may conclude that the best time to give food is when the paroxysm is over; next, when the decline terminates; thirdly, if necessary, whenever it begins to subside; all other times are dangerous. But if weakness urge the necessity, it is preferable to offer something, when the increment of the fever becomes stationary, than when it is increasing; it is better when approaching, than when beginning: yet with this understanding, that there is no time improper for him who is exhausted, in which he may not be sustained.

Nor indeed is it sufficient for the physician to attend only to the fevers them-

corporis habitum, et ad eum dirigere curationem ; seu supersunt vires, seu desunt, seu quidam alii affectus interveniunt. Cum vero semper ægros securos agere conveniat, ut corpore tantum, non etiam animo laborent : tum præcipue, ubi cibum sumpserunt. Itaque, si qua sunt, quæ exasperatura eorum animos sunt, optimum est, ea, dum ægrotant, eorum notitiæ subtrahere : si id fieri non potest, sustinere tamen post cibum usque somni tempus, et cum experrecti sunt, tum exponere.

ORDO.

corporis, et dirigere curationem ad eum, seu vires supersunt, seu desunt, seu quidam alii affectus interveniunt. Vero cum conveniat semper ægros agere securos, ut laborent tantum corpore, non etiam animo, præcipue tum, ubi sumpserunt cibum. Itaque si sunt qua quæ sunt exasperatura animos eorum, est optimum subtrahere ea notitiæ eorum dum ægrotant : si id non potest fieri, tamen sustinere post cibum usque tempus somni, et cum experrecti sunt, tum exponere.

TRANSLATION.

selves, but to the condition of the whole body, and to direct his treatment to it, to see whether there be a surplus or deficiency of vital power, or whether any other passions affect *the mind*. But since it is more advantageous to keep the patients always tranquil, that their afflictions may not be moral, as well as physical, especially when they have taken food ; therefore if there be any incident calculated to excite their minds, it is best to withhold it from their knowledge while they are sick : if that cannot be done, at least after food and time of sleep, and when they have awoke to relate it.

CAP. VI.

QUANDO POTIONES FEBRICITANTIBUS DARI EXPEDIAT.

Sed de cibo quidem facilior cum ægris ratio est ; quorum sæpe stomachus hunc respuit, etiamsi mens concupiscit : de potione vero ingens pugna est ; eoque magis, quo major febris est. Hæc enim sitim accendit, et tum maxime aquam exigit, cum illa periculosissima

ORDO.

CAP. VI.

QUANDO EXPEDIAT FEBRICITANTIBUS POTIONES DARI.

Sed ratio de cibo cum ægris est facilior, stomachus quorum sæpe respuit hunc, etiam si mens concupiscit : vero de potione pugna est ingens, que eo magis, quo febris est major. Enim hæc accendit sitim, et exigit aquam maxime tum, cum illa est pericu-

TRANSLATION.

CHAP. VI.

THE TIMES PROPER FOR GIVING DRINK TO THE SICK.

But indeed the regulation of food is more easy with patients, for their stomachs generally eject this, even when the mind covets it : but the great struggle is for drink, and the more so, proportioned to the violence of the fever. For this excites thirst, and they require water most, at the very time that it is most dangerous to

est. Sed docendus æger est, ubi febris quieverit, protinus sitim quoque quieturam; longioremque accessionem fore, si quod ei datum fuerit alimentum: ita celerius eum desinere sitire, qui non bibit. Necesse est tamen, quanto facilius etiam sani famem, quam sitim sustinent, tanto magis ægris in potione, quam in cibo indulgere. Sed primo quidem die nullus humor dari debet; nisi subito sic venæ conciderunt, ut cibus quoque dari debeat: secundo vero, ceterisque etiam, quibus cibus non dabitur, tamen, si magna sitis urget, potio dari potest.

Ac ne illud quidem, ab Heraclide Tarentino dictum, ratione caret: ubi aut bilis ægrum, aut cruditas male habet, expedire quoque per modicas potiones misceri novam materiam corruptæ. Illud videndum est, ut qualia tempora cibo leguntur, talia potioni quoque, ubi sine illo datur, deligantur aut cum ægrum dormire cupiemus; quod fere sitis prohibet; satis autem convenit, cum omnibus febricitantibus nimius humor alienus sit, tum præcipue esse fœminis, quæ ex partu in febres inciderunt.

ORDO.

losissima. Sed æger est docendus, ubi febris conquieverit, protinus sitim quoque quieturam; que accessionem fore longiorem, si quod alimentum datum fuerit ei: ita eum desinere celerius sitire, qui non bibit. Tamen est necesse, quanto facilius etiam sani sustinent famem quam sitim, tanto magis indulgere ægris in potione quam in cibo. Sed primo die, quidem, nullus humor debet dari, nisi venæ conciderunt subito, sic ut cibus quoque debeat dari: vero secundo que etiam ceteris quibus cibus non dabitur, tamen si magna sitis urget, potio potest dari.

Ac ne quidem illud dictum ab Heraclide Tarentino caret ratione. Ubi aut bilis, aut cruditas habet male ægrum, expedire novam materiam misceri corruptæ per modicas potiones. Illud est videndum, ut qualia tempora leguntur cibo, talia quoque deliguntur, potioni, ubi datur sine illo: aut cum cupiemus ægrum dormire: quod fere sitis prohibet. Etiam convenit satis, cum omnis humor sit alienus omnibus febricitantibus, tum præcipue esse fœminis, quæ inciderunt in febres ex partu.

TRANSLATION.

them. But the patient must be informed, that when the fever shall have subsided, the thirst also will immediately abate: and that the accession will be protracted if any aliment be given to him: and he will the sooner cease to thirst, who does not drink. But as it is absolutely necessary, and in proportion as persons in health sustain hunger much more easily than thirst, so much the more ought the sick to be indulged with drink rather than food. But on the first day indeed, no fluid ought to be given, unless the arterial action have subsided so suddenly, that food also may be indicated; but on the second, and also on the following day on which no food shall be given, yet if the thirst be very oppressive, some drink may be given.

The observation of Heraclides of Tarentum is not without reason. *He says*, that when either bile, or indigestion disorders the patient, that it is expedient for fresh material to be admixed with the vitiated, by drinking moderately of fluids. This must be observed, that the times chosen for food, are also eligible for drink, when it is given without food; or when we wish the patient to sleep, which for the most part thirst prohibits. It is satisfactorily agreed upon, that all fluids are injurious to every person in a state of pyrexia, but especially to females who have puerperal fever.

Sed cum tempora cibo potionique febris et remissionis ratio det, non est expeditissimum scire, quando æger febricitet, quando melior sit, quando deficiat; sine quibus dispensari illa non possunt. Venis enim maxime credimus, fallacissimæ rei; quia sæpe istæ leniores celerioresve sunt, et ætate, et sexu, et corporum natura: et plerumque satis sano corpore, si stomachus infirmus est, nonnumquam etiam incipiente febre, subeunt et quiescunt; ut imbecillus is videri possit, cui facile laturo gravis instat accessio.

Contra sæpe eas concitat et resolvit sol, et balneum, et exercitatio, et metus, et ira, et quilibet alius animi affectus: adeo ut, cum primum medicus venit, solicitudo ægri dubitantis, quomodo illi se habere videatur, eas moveat. OB QUAM CAUSAM, PERITI MEDICI EST, NON PROTINUS UT VENIT, APPREHENDERE MANU BRACHIUM: SED PRIMUM RESIDERE HILARI VULTU, PERCUNCTARIQUE, QUEMADMODUM SE HABEAT; ET SI QUIS EJUS METUS EST, EUM PROBABILI SERMONE LENIRE; TUM DEINDE EJUS CORPORI MANUM ADMOVERE. Quas venas autem conspectus

ORDO.

Sed cum ratio febris et remissionis det tempora cibo que potitioni, non est expeditissimum scire quando æger febricitet, quando sit melior, quando deficiat: sine quibus, illa possunt non dispensari. Enim credimus, fallacissimæ rei; quia istæ sunt sæpe leniores, vel celeriores, et ætate, et sexu, et natura corporum: et plerumque corpore sano satis, si stomachus est infirmus, nonnumquam etiam febre incipiente, subeunt et quiescunt; ut is possit videri imbecillus, cui laturo facile gravis accessio instat.

Contra, sæpe sol, et balneum, et exercitatio, et metus, et ira, et quilibet alius affectus animi concitat et resolvat eas; adeo ut, cum primum medicus venit, solicitudo ægri dubitantis, quomodo videatur illi habere se, moveat eas. OB QUAM CAUSAM, EST PERITI MEDICI, NON PROTINUS UT VENIT, APPREHENDERE BRACHIUM MANU: SED PRIMUM RESIDERE HILARI VULTU, QUE PERCONTARI QUEM ADMODUM HABEAT SE; ET SI EST QUIS METUS EJUS, LENIRE EUM CUM PROBABILI SERMONE: TUM DEINDE AD MOVERE MANUM CORPORI EJUS. Autem quam facile mille res

TRANSLATION.

But although the nature of the fever and its remission indicate the times for food and drink, yet it is not very easy to know when the sick person is in fever, when he is better, and when he is exhausted: without a knowledge of which, those things cannot be advantageously administered. For we depend much on arterial action, and a most fallacious diagnosis it is; because these (*pulsations*) are often more gentle or more rapid, according to the age, sex, and nature of constitutions; and generally, when a person is in good health, if the stomach be weak, or sometimes even under incipient fever, the pulsations are diminished in number and volume; so that he may appear weak, who is sufficiently able to sustain a severe paroxysm.

On the other hand, very often the sun, a bath, exercise, fear, anger, or any other emotion of the mind accelerate the pulsations; so that when a physician first comes in, the solicitude of the patient, doubtful and apprehensive respecting what opinion the physician may have of his case, is of itself sufficient cause to excite the pulse. FOR THIS REASON, IT IS THE PART OF A SKILFUL PHYSICIAN, NOT TO SEIZE THE PATIENT'S ARM IMMEDIATELY, AS HE ENTERS THE CHAMBER, BUT LET HIM SIT DOWN FIRST, WITH A CHEERFUL COUNTENANCE, AND TO ENQUIRE HOW HE FINDS HIMSELF, AND IF HE SEEM ALARMED, TO SOOTHE HIM WITH SOME PLAUSIBLE OBSERVATIONS; THEN HE MAY APPLY HIS HAND TO THE BODY (2). But

medici movet, quam facile mille res turbant! Altera res est, cui credimus, calor, æque fallax: nam hic quoque excitatur æstu, labore, somno, metu, sollicitudine.

Igitur intueri quidem etiam ista oportet; sed his non omnia credere. Ac protinus quidem scire, non febricitare eum, cujus venæ naturaliter ordinatæ sunt, teporque talis est, qualis esse sanis solet: non protinus autem sub calore motuque febrem esse concipere; sed ita, si summa quoque arida inæqualiter cutis est; si calor et in fronte est, et ex imis præcordiis oritur; si spiritus ex naribus cum fervore prorumpit; si color, aut rubore, aut pallore novo mutatus est; si oculi graves, et aut persicci, aut subhumidi sunt; si sudor cum fit, inæqualis est; si venæ non æquis intervallis moventur. Ob quam causam medicus neque in tenebris, neque a capite ægri debet residere; sed illustri loco adversus eum, ut omnes notas, ex vultu quoque cubantis perspiciat. Ubi vero febris fuit, atque decrevit, exspectare oportet, num tempora, partesve corporis aliæ paulum madescant, quæ sudorem venturum esse tes-

ORDO.

turbant venas quas conspectus medici movet! Altera res, cui credimus, calor, est æque fallax: nam hic quoque excitatur æstu, labore, somno, metu, sollicitudine.

Igitur oportet quidem etiam intueri ista: sed non credere omnia his. Ac quidem protinus scire eum non febricitare, venæ cujus sunt naturaliter ordinatæ, que tepor est talis qualis solet esse sanis: autem non protinus concipere febrem esse sub calore, que motu; sed ita, si quoque summa cutis est inequaliter arida; si, et calor est in fronte, et oritur ex imis præcordiis; si spiritus prorumpit ex naribus cum fervore; si color mutatus est, aut novo rubore aut pallore; si oculi sunt graves, et aut persicci, aut subhumidi; si sudor est inequalis, cum fit, si venæ moventur non æquis intervallis. Ob quam causam medicus debet residere, neque in tenebris, neque a capite ægri; sed illustri loco adversus eum, ut perspiciat omnes notas, ex vultu quoque cubantis. Vero ubi febris fuit, atque decrevit, oportet exspectare, num tempora ve aliæ partes corporis madescant paulum, quæ testentur sudorem esse ven-

TRANSLATION.

how easily might a thousand other incidents excite the veins (*heart's action*) as well as the sight of a physician! Another thing on which we depend, the temperature of the body, is equally fallacious: for this also is excited by the heat of the sun, labour, sleep, fear, solicitude.

Therefore it is necessary to weigh all those circumstances, but not to place implicit confidence on them alone. We may know immediately that a person is not in a fever, whose pulse beats naturally, and the temperature is such as is usual in healthy persons: but not to imagine hastily that fever exists under heat and vascular action; but it is much more confirmatory, if the surface of the skin be unequally arid; if there be a heat in the forehead, and at the same time arising from the bottom of the præcordia; if the breath rush out of the nostrils with fervor; if the colour be changed, either for an unusual redness or pallor; if the eyes be heavy, or either very dry, or rather moist; if partial diaphoresis take place; if the pulsations be not at equal intervals. For this reason the physician ought not to sit down in the dark, nor at the patient's head, but in a well lighted place opposite to him, that he may observe all the symptoms from the countenance of the patient as he lies. But when a paroxysm has taken place, and is just on the decline, it is proper to examine, whether the temples or any other parts of the body have become a little moist, which is the indication of a perspiration about to follow: and if

tentur: ac si qua nota est, tunc demum dare potui calidam aquam; cujus salubris effectus est, si sudorem per omnia membra diffundit. Hujus autem rei causa, continere æger sub veste satis multa manus debet; eademque crura, pedesque contegere: qua mole plerique ægros in ipso febris impetu, potissimeque ubi ardens ea est, male habent.

Si sudare corpus cœpit, linteum tepefacere oportet, paulatimque singula membra detergere. At ubi sudor omnis finitus est, aut si is non venit, ubi quam maxime potuit, idoneus esse cibo æger videtur, sub veste leniter ungendus est, tum detergendus, deinde ei cibus dandus.

Is autem febricitantibus humidus est aptissimus, aut humori certe quam proximus: utique ex materia quam levissima, maximeque sorbitio; eaque, si magnæ febres fuerint, quam tenuissima esse debet. Mel quoque despumatum huic recte adjicitur, quo corpus magis nutriatur: sed id, si stomachum offendit, supervacuum est; sicut ipsa quoque sorbitio. Dari vero in vicem ejus potest, vel intrita ex aqua calida, vel alica elota; si firmus est stomachus,

ORDO.

turum: ac si est qua nota, tunc demum dare calidam aquam potui: effectus cujus est salubris, si diffundit sudorem per omnia membra. Autem causa hujus rei, æger debet continere manus sub satis multa veste; que contegere crura que pedes eadem: qua mole plerique habent ægros in impetu ipso febris, que potissime ubi ea est ardens.

Si corpus cœpit sudare, oportet tepefacere linteum, que paulatim detergere singula membra. At ubi omnis sudor finitus est, aut si is non venit, ubi æger videtur esse idoneus cibo, quam maxime potuit, est ungendus leniter sub veste, tum detergendus, deinde cibus dandus ei.

Autem is humidus est aptissimus febricitantibus, aut certe, quam proximus humori: utique ex materia quam levissima, que maxime sorbitio: que, si febres fuerint magnæ, ea debet esse quam tenuissima. Quoque despumatum mel adjicitur recte huic, quo corpus nutriatur magis: sed id est supervacuum, si offendit stomachum; sicut quoque sorbitio ipsa. Vero vel intrita ex calida aqua, vel elota alica potest dari invicem ejus: si stomachus

TRANSLATION.

there be a prognosis of this kind, then we should give warm water to drink: the effect of which is salutary, if it diffuse a perspiration over all the limbs. But to accomplish this, the patient ought to keep his hands under a sufficient quantity of clothes, and to cover his legs and feet in the same manner: by which mass of clothing, many people maltreat their patients in the very height of the fever, and particularly if it be of the ardent kind.

When the body begins to perspire, it is necessary to warm a linen cloth and wipe every limb gradually. But when the diaphoresis is over, or if that have not come on, when the patient seems to be in a fit state to receive food, he is to be anointed gently under the clothes, then to be wiped, afterwards food is to be given to him.

Now liquid food is most proper for persons in fever, or at least as near as possible to liquids, especially that of the very lightest kind, particularly gruel; and if the fevers have been violent, even that ought to be as thin as possible. Also clarified honey may well be added to this, to render it more nutritive to the body; but that will be superfluous, if it offend the stomach: as also the gruel itself. But either panada(3) made with hot water, or washed alica may be given instead of

et compressa alvus, ex aqua mulsa; si vel ille languet, vel hæc profluit, ex posca.

Et primo quidem cibo id satis est. Secundo vero aliquid adjici potest, ex eodem tamen genere materiæ, vel olus, vel conchylium, vel pomum. Et dum febres quidem increscunt, hic solus idoneus cibus est. Ubi vero aut desinunt, aut levantur, semper quidem incipiendum est ab aliquo ex materia levissima, adjiciendum vero aliquid ex media, ratione habita subinde et virium hominis, et morbi.

Ponendi vero ægro varii cibi, sicut Asclepiades præcepit, tum demum sunt, ubi fastidio urgetur, neque satis vires sufficiunt; ut paulum ex singulis degustando, famem vitet. At si neque vis, neque cupiditas deest, nulla varietate solicitandus æger est; ne plus assumat, quam concoquat. Neque verum est, quod ab eo dicitur, facilius concoqui cibos varios. Eduntur enim facilius: ad concoctionem autem materiæ genus et modus pertinent. Neque inter magnos dolores, neque increscente morbo, tutum est, ægrum cibo impleri; sed ubi inclinata jam in melius valetudo est.

ORDO.

est firmus, et alvus compressa ex mulsa aqua; si vel ille languet, vel hæc profluit ex posca.

Et id quidem est satis primo cibo. Vero secundo aliquid potest adjici, tamen ex eodem genere materiæ, vel olus, vel conchylium, vel pomum. Et quidem dum febres increscunt, hic cibus solus est idoneus. Vero ubi aut desinunt, aut levantur, est quidem semper incipiendum ab aliquo ex levissima materia, vero aliquid ex media adjiciendum ratione habita subinde et virium hominis et morbi.

Vero varii cibi sunt tum demum ponendi ægro, sicut Asclepiades præcepit, ubi urgetur fastidio, neque vires sufficiunt satis; ut degustando paulum ex singulis vitet famem. At si neque vis, neque cupiditas deest, æger est solicitandus nulla varietate, ne assumat plus quam concoquat. Neque est verum quod dicitur ab eo, varios cibos concoqui facilius. Enim eduntur facilius: autem genus et modus materiæ pertinent ad concoctionem. Neque est tutum ægrum impleri cibo inter magnos dolores, neque morbo increscente: sed ubi jam valetudo est inclinata in melius.

TRANSLATION.

it; if the stomach be strong, and the bowels costive, with hydromel; if *that* be weak or *this* relaxed, with posca.

This kind of aliment will be sufficient for the first meal: but at the second there may be something added, yet of the same nature, such as vegetables, or small shell-fish, or fruit. Indeed while the fevers increase, this is the only proper food: but when they either cease, or abate, we should always commence with the lightest kind, but something from the middle class may be added, a due caution being observed from time to time both of the strength of the patient and state of the disease.

Asclepiades prescribes various kinds of food to be placed before the patient, when he is oppressed with nausea and debility: so that by tasting a little of each, he may escape starvation. But if neither strength nor appetite be wanting, the patient is to be solicited by no variety, lest he may take more than he can digest. Neither is that true, which is said by him, "*that a variety of food is more easily digested.*" Indeed it is eaten more readily; but the kind and quantity of the ingesta determine the facility of digestion. Neither is it safe for the patient to be indulged with food during severe pains, nor in the increment of a disease: but when the health inclines to amend.

Sunt aliæ quoque observationes in febribus necessariæ. Atque id quoque videndum est, quod quidam solum præcipiunt, adstrictum corpus sit, an profluat; quorum alterum strangulat, alterum digerit. Nam si adstrictum est, ducenda alvus est, movenda urina, eliciendus omni modo sudor. In hoc genere morborum sanguinem etiam misisse, concussisse vehementibus gestationibus corpus, in lumine habuisse, imperasse famem, sitim, vigiliam prodest. Utile est etiam ducere in balneum, prius demittere in solium, tum ungere, iterum ad solium redire, multaque aqua fovere inguina; interdum etiam oleum in solio cum aqua calida miscere; uti cibo serius et rarius, tenui, simplici, molli, calido, exiguo; maximeque oleribus, qualia sunt, lapathum, urtica, malva; vel jure etiam concharum, musculorumve, aut locustarum: neque danda caro, nisi elixa, est. At potio esse debet magis liberalis, et ante cibum, et post hunc, et cum hoc, ultra quam sitis coget: poteritque a balneo etiam pinguius, aut dulcius dari vinum; poterit semel, aut bis interponi Græcum salsum.

ORDO.

Quoque aliæ observationes sunt necessariæ in febribus. Atque id quoque est videndum, quod quidam præcipiunt solum, an corpus sit adstrictum, (an) profluat; alterum quorum strangulat, alterum digerit. Nam si est adstrictum, alvus est ducenda, urina movenda, sudor eliciendus omni modo. In hoc genere morborum prodest etiam misisse sanguinem, concussisse corpus vehementibus gestationibus, habuisse in lumine, imperasse famum, sitim, vigiliam. Est etiam utile ducere in balneum, prius demittere in solium, tum ungere, iterum redire ad solium, que fovere inguina multa aqua: interdum etiam miscere oleum in solio cum calida aqua; uti cibo serius et rarius, tenui, simplici, molli, calido, exiguo: que maxime oleribus, qualia sunt, lapathum, urtica, malva; vel etiam jure concharum, ve musculorum, aut locustrum: neque est caro danda, nisi (est) elixa. At potio debet esse magis liberalis, et ante cibum, et post hunc et cum hoc ultra quam sitis coget: que etiam pinguius, aut dulcius vinum poterit dari a balneo; Græcum salsum poterit interponi semel, aut bis.

TRANSLATION.

There are also other observations necessary in the treatment of fevers. And that also must be considered, (which some prescribe as the only remedy,) whether the body be bound, or relaxed; the one of which suffocates, the other exhausts. For if constricted, the bowels must be opened by injections, the urine to be promoted, and a diaphoresis is to be elicited by every possible means. In diseases of this kind, it is advantageous to let blood, to agitate the body by vehement gestations, to keep the patient in the light, and to enjoin hunger, thirst, and watching. It is also useful to lead the patient into a bath, but first of all to lower him into the solium, then to anoint him, again to return to the solium, and to foment the groins with plenty of water; sometimes to mix oil also with the hot water in the solium; to take food later, and more seldom, and that thin, simple, soft, hot and in small portions; and especially pot-herbs, such as the lapathum, nettle, mallow, or with liquor of shell-fish, either of muscles, or of lobsters; nor is flesh to be given, unless boiled. But the drink ought to be more abundant, both before and after food, especially while eating, even beyond what thirst requires; and also very rich or very sweet wine may be given after the bath; Greek salt wine may be interposed once or twice.

Contra vero, si corpus profluet, sudor coercendus, quies adhibenda erit; tenebris, somnoque, quandocumque volet, utendum; non nisi leni gestatione corpus agitandum, et pro genere mali subveniendum. Nam si venter fluit, aut si stomachus non continet, ubi febris decrevit, liberaliter oportet aquam tepidam potui dare, et vomere cogere; nisi aut fauces, aut præcordia, aut latus dolet, aut vetus morbus est. Si vero sudor exercet, duranda cutis est nitro, vel sale, quæ cum oleo miscentur: ac si levius id vitium est, oleo corpus ungendum; si vehementius, rosa, vel melino, vel myrteo, cui vinum austerum sit adjectum. Quisquis autem fluore æger est, cum venit in balneum, prius ungendus, deinde in solium demittendus est.

Si in cute vitium est, frigida quoque, quam calida aqua melius utetur. Ubi ad cibum ventum est, dari debet is valens, frigidus, siccus, simplex, qui quam minime corrumpi possit, panis tostus, caro assa, vinum austerum, vel certe subausterum; si venter profluit, calidum; si sudores nocent, vomitusve sunt, frigidum.

ORDO.

Vero contra, si corpus profluet, sudor erit coercendus, quies adhibenda: utendum tenebris, que somno, quandocunque volet: corpus non agitandum, nisi leni gestatione, et subveniendum pro genere mali. Nam si venter fluit, aut si stomachus non continet, oportet dari liberaliter tepidam aquam potui, ubi febris decrevit, et cogere vomere; nisi aut fauces, aut præcordia, aut latus dolet, aut morbus est vetus. Vero si sudor exercet, cutis est duranda nitro, vel sale, quæ miscentur cum oleo: ac si id vitium est levius, corpus ungendum oleo; si vehementis, rosa, vel melino, vel myrteo, cui austerum vinum sit adjectum. Autem quisquis æger est fluore, cum venit in balneum, est prius ungendus, deinde demittendus in solium.

Si vitium est in cute, utetur quoque frigida aqua, melius quam calida. Ubi ventum est ad cibum, is debet dari valens, frigidus, siccus, simplex, qui possit corrumpi quam minime, tostus, assa caro, austerum vinum, vel certe subausterum; si venter profluit calidum; si sudores nocent, ve sunt vomitus, frigidum.

TRANSLATION.

But on the other hand, if the body be relaxed, the perspiration must be checked, and rest enjoined; the chamber should be darkened, and the patient may sleep as often as he may wish it; the body must not be agitated, except by the most gentle movement, and to be supported according to the nature of the malady. For if the bowels be loose, or the stomach not retentive, warm water must be given copiously to drink, to induce vomiting, when the fever has subsided; unless either the fauces, or the præcordia, or pain in the side, or the disease have become chronic. But if there be colliquative diaphoresis, the skin must be indurated with nitre, or salt mixed up with oil: and if the malady be very slight, the body may be anointed with oil; if very vehement, with oil of roses, quince-oil, myrtle-oil, to which austere wine is to be added. But whatever patient be under flux, when he comes into the bath, should first be anointed, then to be immersed in the solium.

If the disease be cutaneous, it will be more advantageous for him to use cold water, than warm. When he is about to take food, that ought to be given highly nutritious, cold, dry, simple, highly antiseptic, toasted bread, roasted meat, sharp wine, or at least somewhat rough; if the bowels be relaxed, let it be given warm; if sweating or vomiting be the disorder, cold.

CAP. VII.

QUOMODO PESTILENTES FEBRES CURARI DEBEANT.

DESIDERAT etiam propriam animadversionem in febribus pestilentiæ casus. In hac minime utile est, aut fame, aut medicamentis uti, aut ducere alvum. Si vires sinunt, sanguinem mittere optimum est; præcipueque, si cum dolore febris est: si id parum tutum est, ubi febris levata est, vomitu pectus purgare. Sed in hoc maturius, quam in aliis morbis, ducere in balneum opus est; vinum calidum, et meracius dare, et omnia glutinosa; inter quæ carnem quoque generis ejusdem. Nam quo celerius ejusmodi tempestates corripiunt, eo maturius auxilia, etiam cum quadam temeritate, rapienda sunt.

Quod si puer est, qui laborat, neque tantum robur ejus est, ut sanguis mitti possit, cucurbitulis ei utendum est; ducenda alvus vel aqua vel ptisanæ cremore; tum demum levibus cibis nutriendus. Et ex toto non sic pueri, ut

ORDO.

CAP. VII.

QUOMODO PESTILENTES FEBRES DEBEANT CURARI.

ETIAM casus pestilentiæ in febribus desiderat propriam animadversionem. In hac est minime utile, uti aut fame, aut medicamentis, aut ducere alvum. Si vires sinunt, est optimum mittere sanguinem; que præcipue si febris cum dolore: si id est parum tutum, purgare pectus vomitu, ubi febris levata est. Sed opus est ducere in balneum maturius in hoc, quam in aliis morbis; dare calidum et meracius vinum, et omnia glutinosa, inter quæ quoque carnem ejusdem generis. Nam quo celerius tempestates ejusmodi corripiunt, eo maturius auxilia sunt rapienda, etiam cum quadam temeritate.

Quod si est puer qui laborat, neque robur ejus est tantum, ut sanguis possit mitti, est utendum cucurbitulis ei; alvus ducenda vel aqua, vel cremore ptisanæ: tum demum nutriendus levibus cibis. Et ex toto pueri non de-

TRANSLATION.

CHAP. VII.

TREATMENT OF PESTILENTIAL AND ARDENT FEVERS.

THE treatment of pestilential fevers requires peculiar consideration. In this it is by no means proper to enjoin privation, medicine, or injections. IF THE STRENGTH PERMIT, THE BEST REMEDY IS TO LET BLOOD; and especially if the fever be accompanied with pain: if that be not safe, to evacuate the stomach by an emetic, when the fever subsides. But it is necessary to conduct the patient to a bath earlier in this, than in other diseases; to give him hot and very pure wine, and every thing glutinous; and among other things flesh of the same nature. For in proportion to the destructive tendency during a pestilential season of this kind, so much sooner should we administer remedies, even with some risk.

But if the sufferer be a child, and have not sufficient strength for bleeding, we must use the cupping instruments, and administer an enema either of water or decoction of struck barley, and afterwards to be nourished with light food. In

viri, curari debent. Ergo, ut in alio quoque genere morborum, parcius in his agendum est: non facile sanguinem mittere, non facile ducere alvum, non cruciare vigilia, fameve, aut nimia siti, non vino curare. Vomitus post febrem eliciendus est; deinde dandus cibus ex levissimis; tum is dormiat; posteroque die, si febris manet, abstineatur; tertio, ad similem cibum redeat. Dandaque opera est, quantum fieri potest, ut inter opportunam abstinentiam cibosque opportunos, omissis ceteris, nutriatur.

Si vero ardens febris extorret, nulla medicamenti danda potio est; sed in ipsis accessionibus oleo et aqua refrigerandus est, quæ miscenda manu sunt, donec albescant; eo conclavi tenendus, quo multum et purum aerem trahere possit; neque multis vestimentis strangulandus, sed admodum levibus tantum velandus est. Possunt etiam super stomachum imponi folia vitis in aqua frigida tincta. Ac ne siti quidem nimia vexandus est. Alendus maturius est, id est a die tertio; et ante cibum iisdem perungendus. Si pituita in stomacho coiit, inclinata jam accessione, vomere cogendus est; tum dandum frigidum

ORDO.

bent curari sic, ut viri. Ergo, est agendum parcius in his, ut in quoque alio genere morborum; non facile mittere sanguinem, non facile ducere alvum, non cruciare vigilia, se fame, aut nimia siti, non curare vino. Vomitus est eliciendus post febrem; deinde cibus ex levissimis dandus: tum is dormiat; que postero die, si febris manet, abstineatur; tertio, redeat ad similem cibum. Que opera est danda quantum potest fieri, ut nutriatur inter opportunam abstinentiam que opportunos cibos, cæteris omissis.

Vero si ardens febris extorret, nulla potio medicamenti est danda; sed est refrigerandus in accessionibus ipsis oleo et aqua; quæ sunt miscenda manu, donec albescant; tenendus eo conclavi, quo possit trahere multum et purum aerem; neque est strangulandus vestimentis, sed velandus tantum admodum levibus. Etiam folia vitis tincta in frigida aqua possunt imponi super stomachum. Ac nequidem est vexandus nimia siti. Est alendus maturius, id est a tertio die, et perungendus iisdem ante cibum. Si pituita coiit in stomacho, accessione jam inclinata, est cogendus vomere; tum frigidum

TRANSLATION.

short, children ought not to be treated as adults. Therefore we must act very cautiously in this, as well as in every other kind of disease; we must not be too ready to let blood, or exhibit an enema, or to torment by vigilance, or hunger, or too much thirst, neither to indulge them with wine. Vomiting is to be promoted after the fever; and then food of the lightest kind to be given; afterwards the patient may go to sleep; on the following day, if the fever remain, he must abstain from food; on the third, he may return to the same diet. Taking all possible care, that he may be seasonably alimented; and interposing a well-timed abstinence; other things being omitted.

But if an ardent fever torture the patient, no medicinal potion must be given; but during the accessions, he is to be refrigerated with oil and water, which are to be agitated with the hand, until they become white; he must be kept in a chamber, where he can inhale plenty of pure air; nor should he be suffocated with clothing, but to be covered only very lightly. Vine leaves dipped in cold water may be laid on the stomach: nor must he be harassed with too much thirst. He must be nourished earlier, that is, after the third day; and to be well anointed with the above mentioned liquids before food. If phlegm have collected in the stomach, he must be compelled to vomit, when the paroxysm is retrogressing; then cold vege-

olus, aut pomum, ex iis, quæ stomacho conveniunt. Si siccus manet stomachus, protinus vel ptisanæ, vel alicæ, vel oryzæ cremor dandus est, cum quo recens adeps cocta sit. Cum vero in summo incremento morbus est, utique non ante quartum diem, magna siti antecedente, frigida aqua copiose præstanda est, ut bibat etiam ultra satietatem; et cum jam venter et præcordia ultra modum repleta, satisque refrigerata sunt, vomere debet.

Quidam, ne vomitum quidem exigunt; sed ipsa aqua frigida tantum, ad satietatem data, pro medicamento utuntur. Ubi utrumlibet factum est, multa veste operiendus est, et collocandus, ut dormiat. Fereque post longam sitim et vigiliam, post multam satietatem, post infractum calorem, plenus somnus venit, per quem ingens sudor effunditur; idque præstantissimum auxilium est: sed in iis tamen, in quibus præter ardorem, nulli dolores, nullus præcordiorum tumor; nihil prohibens, vel in thorace, vel in pulmone, vel in faucibus; non ulcus, non dejectio, non profluvium alvi fuit. Si quis autem in ejusmodi febre leviter tussit, is neque vehementi siti conflictatur, neque bi-

ORDO.

olus dandum, aut pomum, ex iis quæ conveniunt stomacho. Si stomachus manet siccus, cremor vel ptisanæ, vel alicæ, vel oryzæ est protinus dandus, cum quo recens adeps cocta sit. Vero cum morbus est in summo incremento, magna siti antecedente, frigida aqua est præstanda copiose, utique non ante quartum diem, ut bibat etiam ultra satietatem; et cum venter et præcordia sunt jam repleta ultra modum, que satis refrigerata, debet vomere.

Quidam, nequidem exigunt vomitum; sed utuntur tantum frigida aqua ipsa, data ad satietatem, pro medicamento. Ubi utrumlibet factum est, operiendus est multa veste, et collocandus, ut dormiat. Que fere post longam sitim et vigiliam, post multam satietatem, post calorem infractum, plenus somnus venit, per quem ingens sudor effunditur, qui id est præstantissimum auxilium; sed tamen in iis in quibus præter ardorem, nulli dolores, nullus tumor præcordiorum, nihil prohibens, vel in thorace, vel in pulmone, vel in faucibus; non fuit ulcus, non dejectio, non profluvium alvi. Autem si quis in febre hujusmodi tussit leviter, is neque conflictatur vehementi siti, neque debet

TRANSLATION.

tables are to be given, or those fruits which agree with the stomach. If the stomach remain dry, either barley water, or that of alica, or of rice boiled with fresh fat, must be given immediately. But when the fever has reached its highest increment, preceded by great thirst, cold water must be given copiously, that he may drink even beyond satiety, but not before the fourth day; and when his stomach is replete beyond measure and sufficiently cooled, he ought to vomit.

Some physicians do not insist upon vomiting; but prescribe cold water only, and that given to satiety by way of medicine. When either one or the other of these have been done, he must be covered with plenty of clothing, and laid in a favourable position for sleep. After long thirst and vigilance, after much satiety, after subdued heat, generally a sound sleep ensues: by means of which a general diaphoresis is effused, and that is accompanied with immediate relief; but only in those, who have an ardent heat, but no pain, no tumour of the præcordia; nothing to prevent it either in the lungs, thorax, or fauces; or who have had no ulcer, no diarrhœa, nor flux. But if any person in a fever of this sort cough slightly, he

bere aquam frigidam debet; sed eo modo curandus est, quo in ceteris febribus præcipitur.

ORDO.

bibere frigidam aquam, sed est curandus eo modo, quo præcipitur in cæteris febribus.

TRANSLATION.

ought not to contend with violent thirst, nor to drink cold water, but he is to be treated in the same manner as prescribed in other fevers.

CAP. VIII.

CURATIO SEMITERTIANÆ FEBRIS, QUÆ ἡμιτριταῖον DICITUR.

At ubi id genus tertianæ est, quod ἡμιτριταῖον medici appellant, magna cura opus est, ne id fallat. Habet enim plerumque frequentiores accessiones decessionesque, ut aliud morbi genus videri possit: porrigiturque febris inter horas viginti quatuor, et triginta sex; ut, quod idem est, non idem esse videatur. Et magnopere necessarium est, neque dari cibum, nisi in ea remissione, quæ vera est; et ubi ea venit, protinus dari: plurimique sub alterutro curantis errore subito moriuntur. Ac, nisi magnopere aliqua res prohibet, inter initia sanguis mitti debet; tum dari cibus, qui neque incitet febrem, et tamen longum ejus spatium sustineat.

ORDO.

CAP. VIII.

CURATIO SEMITERTIANÆ FEBRIS, QUÆ DICITUR HEMITRITAION.

At ubi est id genus tertianæ, quod medici appellant ἡμιτριταῖον semitertiana, est opus magna cura, ne id fallat. Enim plerumque habet frequentiores accessiones que decessiones, ut possit videri aliud genus morbi: que febris porrigitur inter viginti quatuor, et triginta sex horas; ut, quod est idem, non videatur esse idem. Et est magnopere necessarium, neque cibum dari, nisi in ea remissione quæ est vera: et ubi ea venit, dari protinus: que plurimi moriuntur subito sub alterutro errore curantis. Ac nisi aliqua res magnopere prohibet, sanguis debet mitti inter initia; tum cibus dari, qui neque incitet febrem, et tamen sustineat longum spatium ejus.

TRANSLATION.

CHAP. VIII.

TREATMENT OF A SEMITERTIAN.

But when it is that genus of tertian, which physicians term semitertian, it requires particular care, lest it may deceive. For generally it has more frequent accessions and remissions, so that it may assume the form of another disease: and the paroxysm is prolonged to from twenty-four to thirty-six hours, so that, what is really the same, may not appear to be so. Therefore, it is highly necessary, that food should not be given, except in that remission which is certain; and when it comes, to give it immediately; and very many patients die suddenly from the ignorance of the medical attendant from either of these errors. Therefore, unless there be some very important impediment, blood ought to be taken at the beginning; then food to be given, which may not excite the fever, and yet support the patient under its long duration.

CAP. IX.

CURATIO LENTARUM FEBRIUM.

NONNUMQUAM etiam lentæ febres sine ulla remissione corpus tenent; ac neque cibo, neque ulli remedio locus est. In hoc casu medici cura esse debet, ut morbum mutet: fortasse enim curationi opportunior fiet. Sæpe igitur ex aqua frigida, cui oleum sit adjectum, corpus ejus pertractandum est, quoniam interdum sic evenit, ut horror oriatur, et fiat initium quoddam novi motus; exque eo, cum magis corpus incaluit, sequatur etiam remissio. In his frictio quoque ex oleo et sale salubris videtur.

At si diu frigus est, et torpor, et jactatio corporis, non alienum est, in ipsa febre dare mulsi tres aut quatuor cyathos, vel cum cibo vinum bene dilutum. Intenditur enim sæpe ex eo febris; et major ortus calor simul et priora mala tollit, et spem remissionis, inque ea curationis ostendit.

ORDO.

CAP. IX.

CURATIO LENTARUM FEBRIUM.

ETIAM nonnunquam lentæ febres tenent corpus sine ulla remissione; ac est locus neque cibo neque ulli remedio. In hoc casu cura medici debet esse ut mutet morbum; enim fortasse fiet opportunior curationi. Igitur corpus ejus est pertractandum ex frigida aqua, cui oleum adjectum sit, quoniam interdum evenit sic, ut horror oriatur, et quoddam initium novi motus fiat: que ex eo, cum corpus incaluit magis, etiam remissio sequatur. In his quoque frictio ex oleo et sale videtur salubris.

At si est diu frigus, et torpor, et jactatio corporis, non est alienum in febre ipsa dare tres aut quatuor cyathos mulsi, vel vinum bene dilutum cum cibo. Enim sæpe febris intenditur ex eo; et major calor ortus simul et tollit priora mala, et ostendit spem remissionis, que in ea curationis.

TRANSLATION.

CHAP. IX.

TREATMENT OF SLOW FEVERS.

SOMETIMES also slow fevers maintain their hold in the body without any remission; so that there is neither time for food, nor any other remedy. In this case, it should be the physician's care to effect a change in the disease; then, perhaps, it would yield more favourably to treatment. Therefore his body is to be lightly handled (*sprinkled*) with cold water, to which some oil has been added, and thus it happens sometimes, that shivering is induced, which may be the commencement of a new action; and after that, when the body has become hotter, a remission may follow. In these cases also, friction with oil and salt seems salutary.

But if there be cold, torpor, and agitation of the body for some time, it is not improper to give three or four glasses of hydromel or well diluted wine with the food. For the fever is often augmented by that; and a greater heat having arisen, at the same time carries off the former malady, and holds out a prospect of a remission, and from that a recovery.

Neque, hercules, ista curatio nova est, qua nunc quidam traditos sibi ægros, qui sub cautioribus medicis trahebantur, interdum contrariis remediis sanant. Siquidem apud antiquos quoque ante Herophilum et Erasistratum, maximeque post Hippocratem fuit Petro quidam, qui febricitantem hominem ubi acceperat, multis vestimentis operiebat, ut simul calorem ingentem, sitimque excitaret: deinde, ubi paulum remitti cœperat febris, aquam frigidam potui dabat; ac, si moverat sudorem, explicuisse se ægrum judicabat; si non moverat, plus etiam aquæ frigidæ ingerebat; et tum vomere cogebat. Si alterutro modo febre liberaverat, protinus suillam assam, et vinum homini dabat: si non liberaverat, decoquebat aquam sale adjecto, eamque bibere cogebat, ut movendo ventrem purgaret.

Et intra hæc omnis ejus medicina erat: eaque non minus grata fuit iis, quos Hippocratis successores non refecerant; quam nunc est iis, quos Herophili vel Erasistrati æmuli diu tractos non expedierunt. Neque ideo tamen non est temeraria ista medicina; quia plures, si protinus a principiis excepit,

ORDO.

Neque hercule, est ista nova curatio, qua nunc quidam sanant interdum contrariis remediis ægros traditos sibi, qui trahebantur sub cautioribus medicis. Siquidem apud antiquos quoque ante Herophilum et Erasistratum, que maxime post Hippocratem, fuit quidam Petro, qui operiebat multis vestimentis hominem ubi acceperat febricitantem, ut simul excitaret ingentem calorem que sitim; deinde ubi febris cœperat remitti paulum, dabat frigidam aquam potui; ac si moverat sudorem, judicabat se explicuisse ægrum; si non moverat, ingerebat etiam plus frigidæ aquæ, et tum cogebat vomere. Si liberaverat febre alterutro modo, protinus dabat homini assam suillam et vinum; si non liberaverat, decoquebat aquam, sale adjecto, que cogebat bibere eam, ut movendo ventrem purgaret.

Et omnis medicina ejus erat inter hæc: que ea fuit non minus grata iis quos successores Hippocratis non reficerant, quam est nunc iis, quos æmuli Herophili et Erasistrati non expedierunt, tractos diu. Neque tamen est ista medicina non temeraria ideo; quia interimit plures, si excepit protinus a principiis.

TRANSLATION.

Nor is this indeed a new mode of treatment, for even now, there are some QUACKS who succeed sometimes with patients who trust themselves under them, by contrary remedies, who were long under the care of more cautious physicians. Even among the ancients also before the time of Herophilus and Erasistratus, and especially after Hippocrates, there was a certain Petro, who, upon being called to a person in fever, covered him with a vast quantity of clothes, that he might at the same time excite a great heat and thirst: afterwards, when the fever had subsided a little, he gave him cold water to drink; and if it promoted diaphoresis, he pronounced the patient to be cured; but if he did not succeed in this, he even repeated the cold water, and then forced him to vomit. If he had liberated his patient from fever by either mode, he immediately gave him roasted pork and wine: if he did not relieve him by these means, he boiled salt in water, and compelled him to drink it, so that by purging the bowels, he might cleanse the stomach.

The whole of his practice was comprised in these particulars: and this was not less gratifying to those whom the disciples of Hippocrates had not restored, than it is now to those, whom the disciples of Herophilus and Erasistratus have not cured, after a protracted treatment. But this practice is not the less imprudent, on that account; for, if acted upon in the commencement of a fever, it would destroy more

interimit. SED CUM EADEM OMNIBUS CONVENIRE NON POSSINT, FERE, QUOS RATIO NON RESTITUIT, TEMERITAS ADJUVAT. IDEOQUE EJUSMODI MEDICI MELIUS ALIENOS ÆGROS, QUAM SUOS NUTRIUNT. Sed est circumspecti quoque hominis, et novare interdum, et augere morbum, et febres accendere; quia curationem, ubi id, quod est, non recipit, potest recipere id, quod futurum est.

ORDO.

SED CUM EADEM NON POSSINT CONVENIRE OMNIBUS, FERE TEMERITAS ADJUVAT QUOS RATIO NON RESTITUIT. QUE IDEO MEDICI EJUSMODI NUTRIUNT ÆGROS ALIENOS, MELIUS QUAM SUOS. Sed est quoque circumspecti hominis, et novare interdum, et angere morbum, et accendere febres; quia, ubi id quod est, non recipit curationem, id quod est futurum potest recipere id.

TRANSLATION.

than cure. BUT SINCE THE SAME TREATMENT CANNOT BE APPLICABLE TO ALL, SOMETIMES WE SEE TEMERITY SUCCEED WHERE SCIENCE HAS FAILED. HENCE, PHYSICIANS OF THIS CAST, (QUACKS,) SUCCEED BETTER WITH OTHER MEN'S PATIENTS THAN WITH THEIR OWN. But it is the duty of a circumspect man also, at times not only to renew, but to aggravate the disease, and to inflame a fever, because the present situation of the patient does not admit of a cure, therefore, that which is about to be produced, may yield to treatment.

CAP. X.

REMEDIA IN FEBRIBUS AD CAPITIS DOLOREM, ET PRÆCORDIORUM INFLAMMATIONEM, ET ARIDITATEM, ET SCABRITIEM LINGUÆ.

CONSIDERANDUM est etiam, febres ne solæ sint, an alia quoque his mala accedant; id est num caput doleat, num lingua aspera, num præcordia intenta sint. Si capitis dolores sunt, rosam cum aceto miscere oportet, et in id ingerere: deinde habere duo pitacia, quæ frontis latitudinem, longitudinemque æquent; ex his invicem alterum in aceto

ORDO.

CAP. X.

REMEDIA AD DOLOREM CAPITIS IN FEBRIBUS, ET INFLAMMATIONEM PRÆCORDIORUM, ET ARIDITATEM, ET SCABRITIEM LINGUÆ.

EST etiam considerandum, ne febres sint solæ, an quoque alia mala accedant his; id est, num caput doleat, num lingua aspera, num præcordia sint intenta. Si sunt dolores capitis, oportet miscere rosam cum aceto, et ingerere in id: deinde habere duo pitacia, quæ æquent latitudinem que longitudinem frontis; habere invicem alterum ex his in aceto

TRANSLATION.

CHAP. X.

TREATMENT OF FEVER WITH CONCOMITANT SYMPTOMS.

IT must be considered also, whether the fever be alone, or whether accompanied by some other maladies; that is, whether the head be painful, the tongue rough, or the præcordia tense. If there be pains of the head, it will be beneficial to mingle rose oil with vinegar, and to apply it: afterwards to have two rolls of equal

et rosa habere, alterum in fronte; aut intinctam iisdem lanam succidam imponere.

Si acetum offendit, pura rosa utendum est; si rosa ipsa lædit, oleo acerbo.

Si ista parum juvant, teri potest vel iris arida, vel nuces amaræ, vel quælibet herba ex refrigerantibus: quorum quidlibet ex aceto impositum, dolorem minuit; sed magis aliud in alio. Juvat etiam panis cum papavere injectus; vel cum rosa cerussa, spumave argenti. Olfacere quoque vel serpyllum, vel anethum, non alienum est.

At si in præcordiis inflammatio et dolor est, primo superimponenda sunt cataplasmata reprimentia; ne, si calidiora fuerint, plus eo materiæ concurrat: deinde, ubi prima inflammatio se remisit, tunc demum ad calida et humida veniendum est; ut ea, quæ remanserunt, discutiant. Notæ vero inflammationis sunt quatuor, rubor, et tumor, cum calore, et dolore.

Quo magis erravit Erasistratus, qui febrem nullam sine hac esse dixit. Ergo si sine inflammatione dolor est, nihil imponendum est: hunc enim statim ipsa febris solvet. At si neque inflammatio,

ORDO.

et rosa, alterum in fronte; aut imponere succidam lanam intinctam iisdem.

Si acetum offendit, est utendum pura rosa; si rosa ipsa lædit, acerbo oleo.

Si ista juvant parum, vel arida iris potest teri, vel amaræ nuces, vel quælibet herba ex refrigerantibus: quidlibet quorum ex aceto impositum, minuit dolorem; sed aliud magis in alio. Etiam panis cum papavere injectus; vel cum rosa, cerussa, vel spuma argenti. Quoque non est alienum olfacere vel serpyllum vel anethum.

At si est inflammatio et dolor in præcordiis, primo reprimentia cataplasmata sunt superimponenda, ne si fuerint calidiora, plus materiæ concurrat eo; deinde, ubi prima inflammatio remisit se, tunc demum est veniendum ad calida et humida; ut discutiant ea quæ remanserunt. Vero sunt quatuor notæ inflammationis rubor et tumor, cum calore et dolore.

Quo Erasistratus erravit magis, qui dixit nullam febrem esse sine hac. Ergo si est dolor sine inflammatione, nihil est imponendum: enim febris ipsa statim solvit hunc. At si est neque inflam-

TRANSLATION.

length and breadth of the forehead; to have one of these alternately in the rose oil, and the other on the forehead; or to lay on sordid wool moistened with it.

If vinegar offend, we may use the pure oil; if rose oil itself be unpleasant, with oil of bitter (*almonds*).

If those things be of little avail, either dry iris, or bitter almonds, or any one of the refrigerant herbs may be powdered: any of which being applied with vinegar will diminish the pain; but more in one case, than in another. Bread also laid on with poppies, or with rose oil, ceruss, or litharge: neither is it improper to smell wild thyme or dill.

But, if there be pain and inflammation in the præcordia, repressing cataplasms are to be laid on first; lest, if there be too much heat, more matter might be attracted thither; afterwards, when the first inflammation has remitted, then we come to use the warm and moist; that they may discuss the relics. Now there are four diagnostic marks of inflammation, REDNESS, and SWELLING, with HEAT, and PAIN.

In which Erasistratus was much mistaken, who said no fever could be without this inflammation. Therefore if there be pain without inflammation, nothing should be laid on; for the fever itself will dispel this. But if there be neither in-

neque febris, sed tantum præcordiorum dolor est, protinus calidis et siccis fomentis uti licet. Si vero lingua sicca et scabra est, detergenda primum penicillo est ex aqua calida: deinde ungenda mistis inter se rosa et melle. Mel purgat, rosa reprimit, simulque siccescere non sinit. At si scabra non est, sed arida, ubi penicillo detersa est, ungi rosa debet, cui ceræ paulum sit adjectum.

ORDO.

matio neque febris, sed tantum dolor præcordiorum, licet uti protinus calidis et siccis fomentis. Vero si lingua est arida et scabra, primum est detergenda ex penicillo calida aqua: deinde ungenda rosa et melle mixtis inter se. Mel purgat, rosa reprimit, que simul non sinit siccescere. At si non est scabra, sed arida, ubi detersa est penicillo, debet ungi rosa, cui paulum ceræ adjectum sit.

TRANSLATION.

flammation nor fever, but only a pain of the præcordia, warm and dry fomentations may be used immediately. If the tongue be dry and rough, it must be cleansed first with a dossil of lint dipped in hot water: afterwards to be anointed with rose oil and honey mixed together. The honey cleanses, the rose oil astringes, and at the same time does not suffer it to become dry. But if it be not rough, but dry, when wiped, it ought to be anointed with rose oil, to which a little wax may be added.

CAP. XI.

REMEDIA CONTRA FRIGUS, QUOD FEBREM PRÆCEDIT.

Solet etiam ante febres esse frigus; idque vel molestissimum morbi genus est. Ubi id exspectatur, omni potione prohibendus æger est: hæc enim paulo ante data, multum malo adjicit. Item maturius veste multa tegendus est: admovenda partibus iis, pro quibus metuimus, sicca et calida fomenta, sic, ne statim vehementissimi calores incipiant, sed paulatim increscant: perfricandæ

ORDO.

CAP. XI.

REMEDIA CONTRA FRIGUS, QUOD PRÆCEDIT FEBREM.

Etiam frigus solet esse ante febres; que id est vel molestissimum genus morbi. Ubi id exspectatur, æger est prohibendus omni potione; enim hæc data paulo ante adjicit multum malo. Item est tegendus maturius multa veste: sicca et calida fomenta admovenda his partibus pro quibus metuimus, sic ne vehementissimi calores incipiant statim, sed increscant paulatim. Quoque

TRANSLATION.

CHAP. XI.

TREATMENT OF THE COLD STAGE WHICH PRECEDES FEVER.

It is usual to have the sensation of cold preceding fever; and even that is a most troublesome kind of disease. When that is anticipated the patient ought to be withheld from all drink; for even this given a little before, aggravates the disease very much: he rather ought to be covered without delay with plenty of clothing: dry and hot fomentations to be applied to those parts for which we are apprehensive, so that the most violent heat may not begin immediately, but increase gra-

quoque cæ partes manibus unctis ex vetere oleo sunt, eique adjiciendum aliquid ex calefacientibus.

Contentique medici quidam una frictione, etiam ex quolibet oleo, sunt. In harum febrium remissionibus nonnulli tres, aut quatuor sorbitionis cyathos, etiamnum manente febre, dant: deinde, ea bene finita, reficiunt stomachum cibo frigido et levi.

Ego tum hoc puto tentandum, cum parum cibus, semel et post febrem datus, prodest. Sed curiose prospiciendum est, ne tempus remissionis decipiat: sæpe enim in hoc quoque genere valetudinis jam minui febris videtur, et rursus intenditur. Itaque ei remissioni credendum est, quæ etiam immoratur, et jactationem, fœtoremque quemdam oris, quem ὄζην Græci vocant, minuit. Illud satis convenit, si quotidie pares accessiones sunt, quotidie parvum cibum dandum: si impares, post graviorem, cibum; post leviorem, aquam mulsam.

ORDO.

eæ partes sunt perfricandæ manibus unctis ex vetere oleo, que aliquid ex calefacientibus adjiciendum ei.

Que quidam medici sunt contenti una frictione, etiam ex quolibet oleo. In remissionibus harum febrium nonnulli dant tres aut quatuor cyathos sorbitionis, febre etiamnum manente: deinde, ea bene finita, reficiunt stomachum frigido et levi cibo.

Ego puto hoc tentandum tum, quum cibus datus semel et post febrem prodest parum. Sed est prospiciendum curiose, ne tempus remissionis decipiat: enim in hoc genere valetudinis quoque sæpe febris videtur jam minui, et rursus intenditur. Itaque est credendum ei remissioni quæ etiam immoratur, et minuit jactationem, que quendam fœtorem oris, quem Græci vocant ὄζην (ozen). Illud convenit satis, si accessiones sunt pares quotidie, parvum cibum dandum quotidie: si impares, cibum post graviorem: mulsam aquam post leviorem.

TRANSLATION.

dually. Also those parts are to be rubbed over by the hands anointed with old oil, and some of the calefacients may be added to it.

Some physicians are contented with one rubbing, even with any oil. In the remissions of those fevers some give three or four cups of gruel, even while the fever remains: afterwards that being entirely over, they replenish the stomach with cold, light food.

I think this ought to be tried, when food has been given once after fever without any advantage. But we must guard carefully, lest the time of the remission deceive us: for in this kind of disease the fever often disappears, and is again suddenly exasperated. Therefore that remission is to be relied on which is permanent, diminishing the agitation, and a certain fœtor of the mouth, which the Greeks call ŏzē. That is agreed upon, if the accessions be every day equal, for a little food to be given daily: if they be unequal, the food to be given after the more severe paroxysm; after the milder, hydromel.

CAP. XII.

CURATIO HORRORIS IN FEBRIBUS.

Horror autem eas fere febres antecedit, quæ certum habent circuitum, et ex toto remittuntur; ideoque tutissimæ sunt, maximeque curationes admittunt. Nam ubi incerta tempora sunt, neque alvi ductio, neque balneum, neque vinum, neque medicamentum aliud recte datur. Incertum est enim, quando febris ventura sit: ita fieri potest, ut, si subito venerit, summa in eo pernicies sit, quod auxilii causa sit inventum. Nihilque aliud fieri potest, quam ut primis diebus bene abstineatur æger; deinde, sub decessu febris ejus, quæ gravissima est, cibum sumat.

At ubi certus circuitus est, facilius omnia illa tentantur; quia magis proponere nobis et accessionum et decessionum vices possumus.

In his autem, cum inveteraverunt, utilis fames non est: primis tantummodo diebus ea pugnandum est; deinde dividenda curatio est, et ante horror, tum febris discutienda. Igitur cum

ORDO.

CAP. XII.

CURATIO HORRORIS IN FEBRIBUS.

Autem horror fere antecedit eas febres quæ habent certum circuitum, et remittuntur ex toto; que ideo sunt tutissimæ, que maxime admittunt curationes. Nam ubi tempora sunt incerta, neque ductio alvi, neque balneum, neque vinum, neque aliud medicamentum, datur recte. Enim est incertum, quando febris sit ventura: ita potest fieri, ut, si venerit subito, summa pernicies sit in eo quod inventum sit causa auxilii. Que nihil aliud potest fieri, quam ut æger abstineatur bene primis diebus: deinde sumat cibum, sub decessu ejus febris quæ est gravissima.

At ubi circuitus est certus, omnia illa tentantur facilius; quia possumus proponere magis nobis vices et accessionum et decessionum.

Autem in his, cum inveteraverunt, fames non est utilis: est pugnandum ea tantummodo primis diebus, deinde curatio est dividenda, et horror ante, tum febris discutienda. Igitur cum primum

TRANSLATION.

CHAP. XII.

TREATMENT OF SHIVERING IN FEVERS.

Now shivering is a common precursor in those fevers which have a certain circuit, and remit entirely; and on this account they are most safe, and mostly admit of cure. For when the returns are uncertain, neither alviduction, nor the bath, nor wine, nor any other kind of medicine can be given with safety. Since it is uncertain when the fever may come on: it is possible, that, if it attack suddenly, the greatest injury may ensue from that which was intended to afford relief. Hence nothing else can be done, but to let the patient observe strict abstinence at first; then he may take food after that accession which is most severe.

But when the circuit is regular, all those remedies are tried more easily; because we are better able to calculate the changes both of the accessions and regressions.

But when these fevers have become chronic, privation is of no avail: food must be resisted only on the first days; afterwards the treatment is to be divided in its object, first the shivering, then the fever is to be dissipated. Therefore when a

primum aliquis inhorruit, et ex horrore incaluit, dare ei oportet potui tepidam aquam subsalsam, et vomere eum cogere: nam fere talis horror ab iis oritur, quæ biliosa in stomacho resederunt. Idem faciendum est, si proximo quoque circuitu æque accessit: sæpe enim sic discutitur: jamque, quod genus febris sit, scire licet.

Itaque sub exspectatione proximæ accessionis, quæ instare tertia potest, deducendus in balneum est; dandaque opera, ut per tempus horroris in solio sit. Si ibi quoque senserit, nihilominus idem sub exspectatione quartæ accessionis faciat: siquidem eo quoque modo sæpe is discutitur. Si ne balneum quidem profuit, ante accessionem allium edat, aut bibat calidam aquam cum pipere: siquidem ea quoque assumpta calorem movent, qui horrorem non admittit. Deinde eodem modo, quo in frigore præceptum est, antequam inhorrescere possit, operiatur: fomentisque, sed protinus validioribus, totum corpus circumdare convenit, maximeque involutis extinctis testis et titionibus.

Si nihilominus horror perruperit, multo oleo calefacto inter ipsa vestimenta perfundatur, cui æque ex calefa-

ORDO.

aliquis inhorruit, et ex horrore incaluit, oportet dare ei potui tepidam aquam subsalsum, et cogere eum vomere: nam fere talis horror oritur ab iis, quæ biliosa resederunt in stomacho. Idem est faciendum, si quoque accessit æque proximo circuitu: enim sic sæpe discutitur: que jam, licet scire quod genus febris sit.

Itaque sub exspectatione proximæ accessionis, quæ tertia, potest instare, est deducendus in balneum; que opera danda, ut sit in solio per tempus horroris. Si senserit ibi quoque, nihilominus faciat idem sub exspectatione quartæ accessionis: siquidem eo modo quoque sæpe is discutitur. Si nequidem balneum profuit, edat allium ante accessionem, aut bibat calidam aquam cum pipere; siquidem ea quoque assumpta movent calorem, qui non admittit horrorem. Deinde operiatur eodem modo quo præceptum est in frigore, antequam possit inhorrescere; que convenit circumdare protinus totum corpus validioribus fomentis, que maxime extinctis testis et titionibus involutis.

Si nihilominus horror perruperit, perfundatur inter vestimenta ipsa multo calefacto oleo, cui aliquid ex calefacientibus æque ad-

TRANSLATION.

person has shivered, and then becomes hot, it will be necessary to give him tepid water slightly salted, and compel him to vomit: for generally such shivering arises from something bilious having accumulated in the stomach. The same method is to be pursued, if it return with the subsequent paroxysm: for thus it is often removed: and by this time we may discover its genus.

Therefore under the expectation of the next accession, that being the third, which possibly may come on, the patient must be conducted to the bath, and care must be taken that he be in the solium during the time of shivering. If even there, he have felt cold, he must repeat it nevertheless, about the time of the fourth accession: for by these means also it is often removed. If the bath have not proved useful, he may eat garlick before the accession, or he may drink warm water with pepper: for those things being taken, excite warmth, and repel the shivering. Afterwards he may be covered in the same manner directed in the cold stage, before the shivering come on: and if practicable, the whole body should be involved immediately with powerful fomentations, and particularly with hot tiles, and extinguished brands wrapped up in cloths.

If notwithstanding, he be seized with shivering, he must be anointed under the clothes with plenty of heated oil, to which may be added some of the calefaciants

ibus aliquid sit adjectum; adhi-
rque frictio, quantam is sustinere
it, maximeque in manibus et pedi-
et spiritum ipse contineat. Ne-
lesistendum est, etiamsi horror est:
enim pertinacia juvantis malum
ris vincit.
quid evomuit, danda aqua tepida,
mque vomere cogendus est; uten-
que eisdem est, donec horror fini-
Sed præter hæc ducenda alvus
si tardius horror quiescet: siqui-
id quoque exonerato corpore pro-
Ultimaque post hæc auxilia sunt
ıtio et frictio. Cibus autem in ejus-
i morbis maxime dandus est, qui
em alvum præstet; caro glutinosa;
m, cum dabitur, austerum.

ORDO.

jectum sit; que frictio adhibeatur, quantum is poterit sustinere, que maxime in manibus et pedibus; et ipse contineat spiritum. Neque est desistendum, etiamsi est horror; enim sæpe pertinacia juvantis vincit malum corporis.

Si evomuit quid, tepida aqua danda, que est cogendus iterum vomere; que est utendum eisdem donec horror finiatur. Sed præter hæc alvus est ducenda, si horror quiescet tardius, siquidem id quoque prodest, corpore exonerato. Que ultima auxilia post hæc sunt gestatio et frictio. Autem cibus, qui præstet alvum mollem, est maxime dandus in morbis ejusmodi: glutinosa caro; austerum vinum, cum dabitur.

TRANSLATION.

and friction may be used to as great an extent as he can bear it; especially
ı hands and feet, and let him retain his breath. This must be persisted in,
although the shivering return, for the perseverance of the attendant, often
ıes the disease.
ıe have vomited any thing, tepid water should be given him; and he is to be
ed to vomit again; these means to be used until the shivering cease. But be-
these, injections must be administered, if the shivering yield slowly, since by
ding the bowels, the body is relieved. The next remedies after these, are
tion and friction: food which may render the motions free, is especially to be
ı in diseases of this kind; glutinous flesh; austere wine, if any be given.

CAP. XIII.

CURATIO QUOTIDIANÆ FEBRIS.

c ad omnes circuitus febrium per-
nt: discernendæ tamen singulæ
, sicut rationem habent dissimilem.

ORDO.

CAP. XIII.

CURATIO QUOTIDIANÆ FEBRIS.

HÆC pertinent ad omnes circuitus febrium: tamen singulæ sunt discernendæ, sicut habent dissi-

TRANSLATION.

CHAP. XIII.

TREATMENT OF QUOTIDIAN FEVER.

SE observations apply to all intermittent fevers: but they are to be distin-
ıed severally, according as they require a dissimilar mode of treatment. If it

Si quotidiana est, triduo primo magnopere abstinere oportet; tum cibis altero quoque die uti. Si res inveteraverit, post febrem experiri balneum et vinum; magisque si, horrore sublato, hæc superest.

ORDO.

milem rationem. Si est quotidiana, oportet abstinere magnopere primo triduo; tum uti cibis quoque altero die. Si res inveteraverit post febrem experiri balneum et vinum; que magis si hæc super est, horrore sublato.

TRANSLATION.

be a quotidian, it is incumbent on the patient to abstain rigidly from food the first three days; then to take food every alternate day. If it be inveterate, he ought to try a bath and wine after the fever, and particularly if there be any fever after the shivering.

CAP. XIV.

CURATIO TERTIANÆ FEBRIS.

Si vero tertiana, quæ ex toto intermittit, aut quartana est, mediis diebus, et ambulationibus uti oportet, aliisque exercitationibus, et unctionibus. Quidam ex antiquioribus medicis Cleophantus, in hoc genere morborum, multo ante accessionem, per caput ægrum multa calida aqua perfundebat, deinde vinum dabat. Quod, quamvis pleraque ejus viri præcepta secutus est Asclepiades, recte tamen præteriit: est enim anceps.

Ipse, si tertiana febris est, tertio die post accessionem dicit alvum duci oportere; quinto, post horrorem vomitum

ORDO.

CAP. XIV.

CURATIO TERTIANÆ FEBRIS.

Vero si est tertiana, quæ intermittit ex toto, aut est quartana, oportet uti et ambulationibus, que aliis exercitationibus, et unctionibus, mediis diebus. Quibus ex antiquioribus medicis, Cleophantus in hoc genere morborum, multo ante accessionem, perfundebat ægrum per caput multa calida aqua, deinde dabat vinum. Quod Asclepiades præteriit recte, quamvis secutus est pleraque præcepta ejus viri: enim est anceps.

Ipse dicit, oportere alvum duci tertio die post accessionem, si febris est tertiana; quinto elicere vomitum post horrorem;

TRANSLATION.

CHAP. XIV.

TREATMENT OF A TERTIAN FEVER.

But if it be a tertian or quartan with free intermissions, on the intermediate days it will be proper to walk, to use other exercises, and to anoint. Cleophantus, one of the more ancient physicians, used to pour plenty of warm water upon the patient's head, in this disease, long before the paroxysm came on, then he gave him wine. But Asclepiades very properly disregarded this mode, although he has followed the most of this man's precepts: for it is doubtful.

The last writer himself says that we must clear out the bowels by injections on the third day after the accession, if the fever be tertian; on the fifth to elicit vo-

elicere; deinde post febrem, sicut illi mos erat, adhuc calidis dare cibum et vinum; sexto die, in lectulo detineri: sic enim fore, ne septimo die febris accedat. Id sæpe fieri posse, verisimile est. Tutius tamen est, ut hoc ipso ordine utamur; tria remedia, vomitus, alvi ductionis, vini, per triduum, id est die tertio, et quinto, et septimo tentare: nec vinum, nisi post accessionem, die septimo bibat.

Si vero primis diebus discussus morbus non est, inciditque in vetustatem, quo die febris exspectabitur, in lectulo se contineat; post febrem perfricetur; tum, cibo assumpto, bibat aquam; postero die, qui vacat, ab exercitatione unctioneque, aqua tantum contentus, conquiescat. Et id quidem optimum est. Si vero imbecillitas urgebit, et post febrem vinum, et medio die paulum cibi debebit assumere.

ORDO.

deinde post febrem, sicut mos erat illi dare cibum et vinum adhuc calidis; sexto die detineri in lectulo; enim sic fore, febris ne accedat septimo die. Est verisimile, id sæpe posse fieri. Tamen est tutius, ut utamur hoc ordine ipso, tentare tria remedia, vomitus, ductionis alvi, vini, per triduum, id est, tertio, et quinto, et septimo die; nec bibat vinum septimo die, nisi post accessionem.

Vero si morbus non est discussus primis diebus, que incidit in vetustatem, contineat se lectulo die quo febris exspectabitur: bibat aquam; postero die, qui vacat, conquiescat ab exercitatione que unctione, contentus aqua tantum. Et id quidem est optimum. Vero si imbecillitas urgebit, debebit et assumere vinum post febrem, et paulum cibi medio die.

TRANSLATION.

miting after the shivering; then after the fever, as it was usual to him, (Cleophantus,) to give food and wine, while they remain hot: on the sixth day to keep them in bed: for in this way he thought there would be no accession on the seventh day. That this may happen frequently, is probable. But it is safer to follow this order, and to administer the three remedies, of vomiting, clystering, and wine, for three days, that is, on the third, fifth, and seventh; and not to have wine on the seventh day, until after the accession.

But if the disease be not removed on the first days, and then become inveterate, let him retain his bed on that day, that he anticipates the paroxysm: after the accession he may be rubbed, then he may take food, and drink water; on the following day, being free from fever, he may intermit his exercise and unction, and content himself with water only: and this indeed is the best. But if debility urge, it will be necessary for him to take wine after the paroxysm, and some food on the intermediate day.

CAP. XV.

CURATIO QUARTANÆ FEBRIS.

EADEM in quartana facienda sunt. Sed cum hæc tarde admodum finiatur, nisi primis diebus discussa est, diligentius ab initio præcipiendum est, quid in ea fieri debeat. Igitur si cui cum horrore febris accessit, eaque desiit, eodem die et postero tertioque continere se debet, et aquam tantummodo calidam primo die post febrem sumere; biduo proximo, quantum fieri potest, ne hanc quidem. Si quarto die cum horrore febris revertitur, vomere, sicut ante præceptum est; deinde post febrem, modicum cibum sumere, vini quadrantem; postero tertioque die abstinere, aqua tantummodo calida, si sitis est, assumpta. Septimo die balneo frigus prævenire; si febris redierit, ducere alvum; ubi ex eo corpus conquieverit, in unctione vehementer perfricari; eodem modo sumere cibum et vinum; biduo proximo se abstinere, frictione servata. Decimotertio die rursus balneum experiri; et, si

ORDO.

CAP. XV.

CURATIO QUARTANÆ FEBRIS.

EADEM sunt facienda in quartana. Sed cum hæc finiatur admodum tarde, nisi est discussa primis diebus, est præcipiendum diligentius ab initio, quid debeat fieri in ea. Igitur si febris accessit cui cum horrore, que ea desiit, eodem die et postero, que tertio, debet continere se, et sumere tantummodo calidam aquam primo die post febrem; proximo biduo, nequidem hanc, quantum potest fieri. Si quarto die febris revertitur cum horrore, vomere, sicut præceptum est ante; deinde post febrem, sumere modicum cibum, quadrantem vini; postero que tertio die abstinere, tantummodo calida aqua assumpta, si est sitis. Septimo die prævenire frigus balneo; si febris redierit, ducere alvum; ubi ex eo corpus conquieverit perfricare vehementer in unctione; sumere cibum et vinum eodem modo; proximo biduo abstinere se, frictione servata. Decimotertio die rursus experiri balneum; et si postea

TRANSLATION.

CHAP. XV.

TREATMENT OF A QUARTAN FEVER.

THE same observations are applicable in a quartan (fever). But as this is very tardy in its departure, unless it be dispelled on the first days, more diligence must be observed in our mode of treatment from the commencement. Therefore if fever accede with shivering, and then cease on the same day, and the next, and third day, he ought to restrain himself, and to drink hot water only on the first day after the fever; and for the next two days he must even debar himself of this as much as possible. If the fever return on the fourth day with shivering, let him vomit, as has been directed before; then after the fever to take moderate food, and a quarter of a pint of wine: on the following and third day, to abstain from every thing, except hot water if there be thirst. On the seventh day to anticipate the rigor by the bath; if the fever return, let an enema be administered; after which rest must be enjoined; and to be rubbed vehemently during the process of anointing, and to take food and wine in the same manner as before; for the next two days to observe friction and fasting. On the thirteenth day, again to try a

postea febris accessit, æque perfricari, vinum copiosius bibere. Ac sic proximum est, ut quies tot dierum, et abstinentia cum ceteris, quæ præcipiuntur, febrem tollant. Si vero nihilominus remanet, aliud ex toto sequendum est curationis genus; idque agendum, ut, quod diu sustinendum est, corpus facile sustineat. Quo minus etiam curatio probari Heraclidis Tarentini debet, qui primis diebus ducendam alvum, deinde abstinendum in septimum diem dixit. Quod, ut sustinere aliquis possit, tamen, etiam febre liberatus, vix refectioni valebit: adeo, si febris sæpius accesserit, concidet. Igitur si tertio decimo die morbus manebit, balneum neque ante febrem, neque post eam tentandum erit; nisi interdum jam horrore discusso: horror ipse per ea, quæ supra scripta sunt, expugnandus. Deinde post febrem oportebit ungi, et vehementer perfricari; cibum et validum, et fortiter assumere; vino uti quantum libebit: postero die, cum satis quieverit, ambulare, exerceri, ungi, perfricari fortiter, cibum capere sine vino: tertio die abstinere.

Quo die vero febrem exspectabit, ante surgere, et exerceri, dareque ope-

ORDO.

febris accessit æque perfri ari, bibere vinum copiosius. Ac sic est proximum, ut quies tot dierum, et abstinentia cum cæteris, quæ præcipiuntur, tollant febrem. Vero si nihilominus remanet, aliud genus curationis ex toto est sequendum; quid id agendum, ut corpus sustineat facile quod est sustinendum diu. Quo minus etiam curatio Heraclidis Tarentini, debet probari, qui dixit alvum ducendam, primis diebus, deinde abstinendum in septimum diem. Quod ut aliquis possit sustinere, tamen, etiam liberatus febre, valebit vix refectioni; adeo, si febris accesserit sæpius, concidet. Igitur si morbus manebit decimotertio die, balneum erit tentandum neque ante febrem, neque post eam; nisi interdum horrore jam discusso: horror ipse expugnandus, per ea, quæ scripta sunt supra. Deinde post febrem oportebit ungi, et perfricari vehementer; et assumere validum cibum, et fortiter; uti vino quantum libebit: postero die, cum quieverit satis, ambulare, exerceri, ungi, perfricari fortiter, capere cibum sine vino: tertio die abstinere.

Vero die quo exspectabit febrem, surgere ante, et exerceri,

TRANSLATION.

bath, and if the fever come on afterwards to be rubbed as before, and to drink wine more copiously. Thus it usually happens, that rest of so many days, and abstinence, together with those injunctions above-mentioned, remove the fever. But if it still remain, another mode of treatment must be pursued; and all our energies must tend to this, that the body may support easily, that which is to be supported long. For this reason the practice of Heraclides of Tarentum is the less worthy of approbation, who prescribed injections in the beginning, afterwards abstinence till the seventh day. Which although some may be able to sustain, yet, even being freed from fever, he will scarcely be able to recover; so that if fever return, he will fall a victim of exhaustion. Therefore if the disease shall remain on the thirteenth day, the bath must be used neither before nor after it; unless sometimes the rigors being dissipated, which we must combat against by the means already described. Then, after the fever, it will be necessary to be anointed and rubbed violently; and to take abundance of substantial food; wine without restraint; on the following day, when he has rested sufficiently, to walk, to be exercised, to be anointed, to be rubbed forcibly, to take food without wine: on the third day abstinence.

But the day on which he shall expect the fever, he ought to rise before the ac-

ram, ut in ipsam exercitationem febris tempus incurrat: sic enim sæpe illa discutitur. At si in opere occupavit, tum demum se recipere. In ejusmodi valetudine, medicamenta sunt, oleum, frictio, exercitatio, cibus, vinum. Si venter adstrictus est, solvendus est.

Sed hæc facile validiores faciunt: si imbecillitas occupavit, pro exercitatione gestatio est: si ne hanc quidem sustinet, adhibenda tamen frictio est: si hæc quoque vehemens onerat, intra quietem et unctionem et cibum sistendum est: dandaque opera est, ne qua cruditas in quotidianam id malum vertat. Nam quartana neminem jugulat: sed si ex ea facta quotidiana est, in malis æger est: quod tamen, nisi culpa vel ægri vel curantis, numquam fit.

ORDO.

que dare operam, ut tempus febris incurrat in exercitationem ipsam: enim sic sæpe illa discutitur. At si occupavit in opere, tum demum recipere se. In valetudine ejusmodi medicamenta sunt oleum, frictio, exercitatio, cibus, vinum. Si venter est adstrictus, est solvendus.

Sed validiores faciunt hæc facile: si imbecillitas occupavit, gestatio est pro exercitatione: si nequidem sustinet hanc, tamen frictio est adhibenda: si hæc quoque vehemens onerat, est sistendum intra quietem et unctionem et cibum: que opera est danda, ne qua cruditas vertat id malum in quotidianam. Nam quartana jugulat neminem; sed si quotidiana facta est ex ea, æger est in malis: quod tamen nunquam fit, nisi culpa vel ægri vel curantis.

TRANSLATION.

cession, to take exercise, and to endeavour that the time of the fever be occupied in the exercise itself: for in this manner it is often dissipated. But if he be overtaken in his exercise, he ought then to withdraw. The remedies, in diseases of this kind, are, oil, friction, exercise, food, and wine. If the bowels be constipated, they must be relieved.

Now very strong persons can sustain these things easily; yet where debility prevails, gestation must take the place of exercise; if he cannot even sustain this, let him be rubbed: if this also be too violent, it must be limited to rest, unction and nourishment; and care must be taken, lest any indigestion convert the malady into a quotidian. For a quartan never destroys any one; but if it prove to be the basis of a quotidian, the patient is then in a bad way: which very rarely happens, except from the negligence of either the patient or his physician.

CAP. XVI.

CURATIO DUARUM QUARTANARUM.

At si duæ quartanæ sunt, neque eæ, quas proposui, exercitationes adhiberi

ORDO.

CAP. XVI.

CURATIO DUARUM QUARTANARUM.

At si sunt duæ quartanæ, neque eæ exercitationes quas proposui

TRANSLATION.

CHAP. XVI.

TREATMENT OF A DOUBLE QUARTAN.

But if there be a double quartan, those exercises which I have proposed cannot be

possunt; aut ex toto quiescere opus est, aut, si id difficile est, leniter ambulare; considere diligenter involutis pedibus et capite; quoties febris accessit et desiit, cibum modicum sumere, et vinum; reliquo tempore, nisi imbecillitas urget, abstinere. At si duæ febres pene junguntur, post utramque cibum sumere: deinde vacuo tempore, et moveri aliquid, et post unctionem cibo uti. Cum vero vetus quartana raro, nisi vere, solvatur; utique eo tempore attendendum est, ne quid fiat, quod valetudinem impediat. Prodestque in vetere quartana, mutare subinde victus genus; a vino ad aquam, ab aqua ad vinum, a lenibus cibis ad acres, ab acribus ad lenes transire; esse radicem, deinde vomere; jureve pulli gallinacei ventrem resolvere; oleo ad frictiones adjicere calefacientia; ante accessionem sorbere, vel aceti cyathos duos, vel unum sinapis cum tribus Græci vini salsi, vel mista paribus portionibus, et in aqua diluta, piper, castoreum, laser, myrrham.

Per hæc enim similiaque corpus agitandum est, ut moveatur ex eo statu, quo detinetur. Si febris quievit, diu meminisse ejus diei convenit; eoque

ORDO.

possunt adhiberi; est opus aut quiescere ex toto, aut si id est difficile, ambulare leniter; considere pedibus et capite diligenter involutis; quoties febris accessit et desiit, sumere modicum cibum et vinum; reliquo tempore abstinere, nisi imbecillitas urget. At si duæ febres pæne junguntur, sumere cibum post utramque: deinde, vacuo tempore, et moveri aliquid, et post unctionem uti cibo. Vero cum vetus quartana solvatur raro, nisi vere est attendendum utique eo tempore, ne quid fiat quod impediat valetudinem. Que in vetere quartana prodest mutare subinde genus victus: transire a vino ad aquam, ab aqua ad vinum, a lenibus cibis ad acres, ab acribus ad lenes; esse radicem, deinde vomere; ve resolvere ventrem jure pulli gallinacei; adjicere calefacientia oleo ad frictiones; ante accessionem sorbere vel duos cyathos aceti vel unum sinapis cum tribus Græci vini salsi, vel piper, castoreum, laser, myrrham, mixta paribus portionibus, et dilnta in aqua.

Enim per hæc que similia corpus est agitandum, ut moveatur ex eo statu quo detinetur. Si febris quievit, convenit meminisse ejus diei din; que eo

TRANSLATION.

applied; therefore he must either rest entirely, or, if that be impracticable, to walk gently; to sit down with the feet and head carefully wrapped up; as often as the fever comes and goes, to take food and wine in moderation; to abstain in the interim, unless there be much debility. But if the two paroxysms almost unite, let him take food after each: then, in the mean time, to move a little, and after unction to take food. But since a rebellious quartan rarely terminates except in spring, it ought to be more particularly attended to at that time, lest any thing be done to impede recovery. An inveterate quartan is benefited by an occasional change of food; passing from wine to water, from water to wine, from mild food to acrid, from acrid to mild: to eat radish and then vomit; to relax the bowels with chicken broth; to add some of the calefacients to the oil used in friction; before an accession to take, either two glasses of vinegar, or one of mustard with three of Greek salt wine; or pepper, castor, assafœtida, and myrrh, mixed in equal proportions, and diluted with water.

For by these and the like remedies the body must be stimulated, that a change may be effected from that state in which it is detained. If the fever have yielded, it will be necessary to remember its paroxysmal period for a long time; and on

vitare frigus, calorem, cruditatem, lassitudinem. Facile enim revertitur, nisi a sano quoque aliquamdiu timetur.

ORDO.

vitare frigus, calorem, cruditatem, lassitudinem. Enim revertitur facile, nisi timetur aliquamdiu quoque a sano.

TRANSLATION.

that day to avoid cold, heat, indigestion, and lassitude; for it returns by a very slight cause, unless guarded against for some time, even by a healthy person.

CAP. XVII.

CURATIO QUOTIDIANÆ FEBRIS, QUÆ EX QUARTANA FACTA SIT.

At si ex quartana, quotidiana facta est, cum id vitio inciderit, per biduum abstinere oportet, et frictione uti; aquam tantummodo vespere potui dare. Tertio die sæpe fit, ne febris accedat: sed sive fuit, sive non fuit, cibus post accessionis tempus est dandus; et si manet, per biduum abstinentia, quanta maxima imperari corpori potest, et frictione quotidie utendum est.

ORDO.

CAP. XVII.

CURATIO QUOTIDIANÆ FEBRIS, QUÆ SIT FACTA EX QUARTANA.

At si quotidiana est facta ex quartana, cum id inciderit vitio, oportet abstinere per biduum, et uti frictione; dare aquam tantummodo potui vespere. Fit sæpe tertio die, febris ne accedat: sed sive fuit, sive non fuit, cibus est dandus post tempus accessionis; et si manet, abstinentia, potest imperari corpori, quanta maxime per biduum, utendum est frictione quotidie.

TRANSLATION.

CHAP. XVII.

TREATMENT OF QUOTIDIAN FEVER ARISING FROM A QUARTAN.

Now if a quartan fever have been aggravated into a quotidian, since this might have happened by maltreatment, it is proper that he abstain for the space of two days and to use friction; to give only water to drink in the evening. It often happens that the fever does not accede on the third day: but whether it has or has not been, food must be given after the time of the accession; and if it remain, the strictest abstinence possible must be enjoined for the space of two days, and daily friction.

CAP. XVIII.

DE TRIBUS INSANIÆ GENERIBUS: ET PRIMO DE EJUS CURATIONE, QUÆ A GRÆCIS Φρενῖτις DICITUR.

Et febrium quidem curatio exposita est. Supersunt vero alii corporis affectus, qui huic superveniunt; ex quibus eos, qui certis partibus assignari non possunt, protinus jungam.

Incipiam ab insania, primamque hujus ipsius partem aggrediar, quæ et acuta, et in febre est: φρένησιν Græci appellant. Illud ante omnia scire oportet, interdum in accessione ægros desipere, et loqui aliena. Quod non quidem leve est; neque incidere potest, nisi in febre vehementi: non tamen æque pestiferum est: nam plerumque breve esse consuevit, levatoque accessionis impetu, protinus mens redit. Neque id genus morbi remedium aliud desiderat, quam quod in curanda febre præceptum est.

Phrenesis vero tum demum est, cum continua dementia esse incipit; aut cum æger, quamvis adhuc sapiat, tamen quasdam vanas imagines accipit: per-

ORDO.

CAP. XVIII.

DE TRIBUS GENERIBUS INSANIÆ, ET PRIMO DE CURATIONE EJUS, QUÆ DICITUR A GRÆCIS Φρενῖτις (PHRENITIS).

Et curatio febrium quidem exposita est. Vero supe: unt alii affectus corporis, qui superveniunt huic: ex quibus jungam protinus eos qui possunt non assignari certis partibus.

Incipiam ab insania, que aggrediar partem hujus ipsius primam, quæ est, et acuta, et in febre: Græci appellant φρένησιν. Oportet scire illud ante omnia, ægros interdum desipere et loqui aliena in accessione. Quod quidem non est leve; neque potest incidere, nisi in vehemente febre: tamen non est æque pestiferum; nam plerumque consuevit esse breve, que impetu accessionis levato, protinus mens redit. Neque id genus morbi desiderat aliud remedium, quam quod præceptum est in curanda febre.

Vero tum demum est phrenesis, cum dementia incipit esse continua; aut cum æger quamvis adhuc sapiat, tamen accipit quasdam vanas imagines: est per-

TRANSLATION.

CHAP. XVIII.

THE SEVERAL SPECIES OF INSANITY, AND ITS TREATMENT.

The treatment of fevers being now explained; there remain other affections of the body which supervene upon these; to which I shall immediately subjoin those which cannot be assigned to any particular part.

I will begin with INSANITY and proceed to that species of it which is both acute, and occurring in fever: the Greeks call it PHRENSY. It is of the utmost importance to know, that sick persons sometimes become delirious and talk incoherently in the paroxysm. Which indeed is not a trifling symptom, nor can it happen except in violent fever: yet it is not always equally fatal; for it is generally accustomed to be short, and the violence of the paroxysm being relieved, reason resumes its wonted functions. Nor does this disease require any other remedy than that which I have already prescribed in the treatment of fever.

Now phrenzy is established when the incoherence begins to be permanent; or, when the patient still has his reason, yet he admits some extravagant chimeras:

fecta est, ubi mens illis imaginibus addicta est. Ejus autem plura genera sunt: siquidem ex phrenecticis alii hilares, alii tristes sunt; alii facilius continentur, et intra verba desipiunt, alii consurgunt, et violenter quædam manu faciunt; atque ex his ipsis, alii nihil nisi impetu peccant, alii etiam artes adhibent, summamque speciem sanitatis in captandis malorum operum occasionibus præbent; sed exitu deprehenduntur.

Ex his autem eos, qui intra verba desipiunt, aut leviter etiam manu peccant, onerare asperioribus coercitionibus supervacuum est: eos vero, qui violentius se gerunt, vincire convenit; ne vel sibi vel alteri noceant. Neque credendum est, si vinctus aliquis, dum levari vinculis cupit, quamvis prudenter et miserabiliter loquitur; quoniam is dolus insanientis est.

Fere vero antiqui tales ægros in tenebris habebant; eo quod illis contrarium esset, exterreri, et ad quietem animi tenebras ipsas conferre aliquid judicabant. At Asclepiades, tamquam tenebris ipsis terrentibus, in lumine habendos eos dixit. Neutrum autem perpetuum est: alium enim lux, alium te-

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fecta ubi mens est addicta illis imaginibus. Autem sunt plura genera ejus: siquidem ex phreneticis alii sunt hilares, alii tristes: alii continentur facilius, et desipiunt intra verba, alii consurgunt, et faciunt quædam violenter manu: atque ex his ipsis, alii nihil peccant nisi impetu, alii etiam adhibent artes que præbent summam speciem sanitatis in captandis occasionibus operum malorum; sed deprehenduntur exitu.

Autem ex his est supervacuum onerare asperioribus coercitionibus eos qui desipiunt intra verba, aut etiam peccant leviter manu: vero convenit vincire eos qui gerunt se violentius, ne noceant, vel sibi vel alteri. Neque est credendum, si aliquis vinctus, quamvis loquitur prudenter et miserabiliter, dum cupit levare vinculis: quoniam is est dolus insanientis.

Vero antiqui fere habebant tales ægros in tenebris; eo quod esset contrarium illis exterreri, et judicabant tenebras ipsas conferre aliquid ad quietem animi. At Asclepiades, tanquam tenebris ipsis terrentibus, dixit eos habendos in lumine. Autem neutrum est perpetuum: enim lux alium, tenebræ turbant ma-

TRANSLATION.

and when the mind becomes addicted to those images, phrenzy is complete. But there are many species of it; for of phrenetics, some are merry, others sad; some are easily restrained, and rave only in words, others get up and commit acts of violence; and of these last, some attack openly, others even make use of cunning, and exhibit the most consummate appearance of sanity in seizing opportunities of doing mischief; but they are detected by the issue.

Now it is unnecessary to oppress those with very harsh coercive measures, whose malady only extends to words, or even trifling assaults with their hands: but it is proper to confine those who conduct themselves violently, lest they may injure, either themselves or any other person. Neither should any one of them be trusted, who, in order to be freed from his bonds, will speak prudently, and even in a pitiful strain: for this is the cunning of madness.

Such patients were generally kept in dark chambers by the ancients; on this account, because it might be injurious to them to be terrified; and they judged, that darkness of itself contributed in some degree to tranquillize the mind. Asclepiades said they ought to be kept in the light, as if the darkness itself excited terror. Neither the one, nor the other is without exception; for the light disturbs

nebræ magis turbant; reperiunturque, in quibus nullum discrimen deprehendi, vel hoc, vel illo modo possit. Optimum itaque est, utrumque experiri; et habere eum, qui tenebras horret, in luce; eum, qui lucem, in tenebris. At ubi nullum tale discrimen est, æger, si vires habet, loco lucido; si non habet, obscuro continendus est.

Remedia vero adhibere, ubi maxime furor urget, supervacuum est: simul enim febris quoque increscit. Itaque tum nihil nisi continendus æger est: ubi vero res patitur, festinanter subveniendum est. Asclepiades perinde esse dixit, his sanguinem mitti, ac si trucidentur; rationem hanc secutus, quod neque insania esset, nisi febre intenta; neque sanguis, nisi in remissione ejus, recte mitteretur. Sed ipse in his somnum multa frictione quæsivit; cum et intentio febris somnum impediat, et frictio non nisi in remissione ejus utilis sit. Itaque hoc quoque auxilium debuit præterire. Quid igitur est? Multa in præcipiti periculo recte fiunt, alias omittenda. Et continua quoque febris habet tempora, quibus, etsi non remittit, non tamen crescit: estque hoc, ut non optimum, sic tamen secundum

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gis alium; que reperiuntur in quibus nullum discrimen possit deprehendi vel hoc vel illo modo. Itaque est optimum experiri utrumque; et habere eum, qui horret tenebras, in luce; eum qui lucem, in tenebris. At ubi est nullum tale discrimen, æger est continendus, si habet vires, lucido loco: si non habet, obscuro.

Vero est supervacuum adhibere remedia ubi furor urget maxime: enim simul febris quoque increscit. Itaque tum nihil nisi æger continendus: vero ubi res patitur, est subveniendum festinanter. Asclepiades dixit, sanguinem mitti his, esse perinde ac si trucidentur: secutus hanc rationem, quod neque insania esset, nisi febre intenta; neque sanguis mitteretur recte, nisi in remissione ejus. Sed ipse quæsivit somnum in his multa frictione; cum et intentio febris impediat somnum, et frictio non sit utilis nisi in remissione ejus. Itaque debuit quoque præterire hoc auxilium. Quid igitur est? Multa fiunt recte in præcipiti periculo, alias omittenda. Et quoque continua febris habet tempora, quibus, etsi non remittit, tamen non crescit; que hoc, ut non optimum, sic tamen se-

TRANSLATION.

some, others are perturbed more by darkness; and some are to be met with, in whom no difference can be observed in either mode. Therefore it is best to try each; and to keep him in the light, who dreads darkness; and to keep him in darkness, who dreads the light. But where there is no such distinction, if the patient have strength, he must be kept in a lucid chamber, if he have not, in a dark one.

Now it is superfluous to apply remedies when the furor oppresses most: for the fever also increases at the same time. Therefore, nothing is to be done then, but to keep the patient under restraint: but when the case admits of relief, no time should be lost. Asclepiades has characterized blood-letting in such cases to be tantamount to murder; upon this principle, that there is no insanity except in the height of the paroxysm, nor can blood be taken with propriety except in the remission of it. But Asclepiades himself endeavoured to procure sleep in those cases by much friction: although both the violence of the fever prevents sleep, and friction cannot be used except in its remission. Therefore he ought to have omitted this remedy. What then is to be done? Many things are justifiable in being done in imminent danger, which at other times ought to be omitted. Even continued fever has certain times, in which, although it does not remit, yet it does not increase; and this, although not the best, yet it is a favourable time for remedies.

remediis tempus. Quod si vires ægri patiuntur, sanguis quoque mitti debet. Minus deliberari potest, an alvus ducenda sit. Tum, interposito die, convenit caput ad cutem tondere; deinde aqua fovere, in qua verbenæ aliquæ decoctæ sint ex reprimentibus; aut prius fovere, deinde tondere, et iterum fovere; ac novissime rosa caput naresque implere: offerre etiam naribus rutam, ex aceto contritam; movere sternutamenta medicamentis in id efficacibus. Quæ tamen facienda sunt in iis, quibus vires non desunt. Si vero imbecillitas est, rosa tantum caput, adjecto serpyllo, similive aliquo, madefaciendum est. Utiles etiam in quibuscumque viribus herbæ duæ sunt, solanum et muralis, si simul ex utraque succo expresso caput impletur. Cum se febris remiserit, frictione utendum est; parcius tamen in iis, qui nimis hilares, quam in iis, qui nimis tristes sunt.

Adversus omnium autem sic insanientium animos gerere se pro cujusque natura necessarium est. Quorumdam enim vani metus levandi sunt; sicut in homine prædivite famem timente incidit, cui subinde falsæ hæreditates nuntiabantur: quorumdam audacia coer-

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cundum tempus remediis. Quod si vires ægri patiuntur, sanguis debet quoque mitti. Potest minus deliberari, an alvus sit ducenda. Tum die interposito, convenit tondere caput ad cutem; deinde fovere aqua in qua aliquæ verbenæ decoctæ sint ex reprimentibus; aut prius fovere, deinde tondere, et iterum fovere; ac novissime implere caput que nares rosa; etiam offerre rutam contritam ex aceto naribus; movere sternutamenta medicamentis efficacibus in id. Quæ tamen sunt faciunt in iis, quibus vires non desunt. Vero si est imbecillitas, caput est tantum madefaciendum rosa, serpyllo, ve aliquo simili adjecto. Etiam sunt duæ herbæ utiles in quibuscunque viribus, solanum et muralis, si caput impletur succo expresso ex utraque simul. Cum febris remiserit se, est utendum frictione; tamen parcius in iis qui sunt nimis hilares, quam in iis qui sunt nimis tristes.

Autem est necessarium gerere se sic adversus animos omnium insanientium pro natura cujusque. Enim vani metus quorundam sunt levandi; sicut incidit in prædivite homine timente famem, cui subinde falsæ hereditates nuntiabantur: audacia quorundam est coercenda; sicut fit in

TRANSLATION.

But if the patient's strength permit, he ought to be bled. It requires less deliberation on the administration of injections. Then after the interposition of a day, it will be proper to shave the head; afterwards to foment it with water in which vervains have been boiled with some astringent remedies; or to foment it first, then to remove the hair, and again foment, and lastly to embrocate the head and nostrils with rose oil; to hold rue also to the nostrils, bruised in vinegar, and to excite sneezing by medicines possessing that property. Such is the treatment to be adopted towards those who are not debilitated. But if there be weakness, the head is only to be moistened with rose oil, to which some wild thyme or something similar has been added. There are also two herbs useful in any degree of strength, the nightshade and the wall-pellitory, the expressed juice of each to be applied on the head. When the fever has remitted, we must use friction; but more sparingly in those who are merry, than in those who are very sad.

But it is necessary to conduct ourselves in such a manner towards all those insane persons, compatible to the nature, disposition, and habits of each. For the groundless apprehensions of some must be alleviated: as it happened in the case of a very rich man who dreaded starvation, and to whom hypothetical possessions were announced from time to time: the audacity of others requires coercion; as it

cenda est; sicut in iis fit, in quibus continendis plagæ quoque adhibentur: quorumdam etiam intempestivus risus objurgatione et minis finiendus: quorumdam discutiendæ tristes cogitationes; ad quod symphoniæ, et cymbala, strepitusque proficiunt. Sæpius tamen assentiendum, quam repugnandum est; paulatimque, et non evidenter, ab iis, quæ stulte dicentur, ad meliora mens adducenda. Interdum etiam elicienda ipsius intentio; ut fit in hominibus studiosis litterarum, quibus liber legitur, aut recte, si delectantur, aut perperam, si id ipsum eos offendit: emendando enim convertere animum incipiunt. Quin etiam recitare, si qua meminerunt, cogendi sunt. Ad cibum quoque quosdam non desiderantes reduxerunt ii, qui inter epulantes eos collocarunt. Omnibus vero sic affectis somnus et difficilis, et præcipue necessarius est: sub hoc enim plerique sanescunt. Prodest ad id, atque etiam ad mentem ipsam componendam, crocinum unguentum cum irino in caput datum. Si nihilominus vigilant, quidam somnum moliuntur potui dando aquam, in qua papaver, aut hyoscyamus decocta sit: alii mandragoræ mala pulvino subjiciunt: alii

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iis, in quibus continendis quoque plagæ adhibentur: etiam intempestivus risus quorundam est finiendus objurgatione et minis: tristes cogitationes quorundam discutiendæ, ad quod symphoniæ, et cymbala, que strepitus proficiunt. Tamen est assentiendum sæpius, quam est repugnandum; que mens est adducenda paulatim, et non evidenter, ab iis quæ dicantur stulte, ad meliora. Interdum etiam intentio ipsius elicienda; ut fit in hominibus studiosis literarum, quibus liber legitur, aut recte si delectantur, aut perperam, si id ipsum offendit eos: enim incipiunt convertere animum emendando. Quin etiam sunt cogendi recitare, si meminerunt qua. Quoque ii reduxerant quosdam non desiderantes ad cibum, qui collocarunt eos inter epulantes. Vero somnus est et difficilis, et præcipue necessarius omnibus sic affectis; enim sub hoc plerique sanescunt. Crocinum unguentum cum irino datum in caput prodest ad id, atque etiam ad mentem ipsam componendam. Si nihilominus vigilant, quidam moliuntur somnum dando potui aquam in qua papaver aut hyoscyamus decocta sit; alii subjiciunt pulvino mala mandragoræ: alii inducunt

TRANSLATION.

is done in those persons, restraining whom, even stripes are applied. The irrational laughter of some is to be restrained by reproof and threats: the melancholy of others is to be relieved by symphonies, cymbals, and noise. Yet we should assent to them, more frequently, than oppose them; and the mind is thus, gradually, and insensibly brought from an irrational to a more rational method of discourse. Sometimes the mental energies of the patient are to be elicited; as is done with literary men, to whom a book is read, either with a propriety of accentuation, if they be pleased with it, or in a perverted manner if that itself offend them: for by their emendations they begin to reason. If they remember any thing, they should be induced to recite it. Some have been brought to eat, who had previously refused, by being placed among persons banqueting. To all persons so affected, sleep is not only difficult to be obtained, but particularly necessary; for after this most of them begin to recover. Saffron ointment with iris-oil applied on the head, aids in procuring sleep, and also in tranquillizing the mind itself. If however they continue vigilant, some procure sleep by giving them a decoction of poppies or henbane to drink; others place mandrake apples under the pillow: others apply to

vel amomum, vel sycamini lacrymam fronti inducunt. Hoc nomen apud medicos reperio: sed cum Græci morum συκάμινον appellant, mori nulla lacrima est. Sic vero significatur lacryma arboris in Ægypto nascentis, quam ibi μορόσυκον appellant. Plurimi decoctis papaveris corticibus, ex ea aqua spongia os et caput subinde fovent. Asclepiades ea supervacua esse dixit; quoniam in lethargum sæpe converterent. Præcepit autem, ut primo die, a cibo, potione, somno abstineretur; vespere ei daretur potui aqua; tum frictio admoveretur lenis, ut ne manum quidem, qui perfricaret, vehementer imprimeret; postero deinde die, iisdem omnibus factis, vespere ei daretur sorbitio et aqua, rursusque frictio adhiberetur: per hanc enim nos consecuturos, ut somnus accedat.

Id interdum fit, et quidem adeo, ut, illo confitente, nimia frictio etiam lethargi periculum afferat. Sed si sic somnus non accessit, tum demum illis medicamentis arcessendus est: habita scilicet eadem moderatione, quæ hic quoque necessaria est, ne, quem obdormire volumus, excitare postea non pos-

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fronti vel amomum, vel lachrymam sycamini. Reperio hoc nomen apud medicos: sed cum Græci appellant morum συκάμινον, (sycaminus,) est nulla lachryma mori. Vero si lachryma arboris nascentis in Ægypto, quam appellant ibi μορόσυκον, (sycomorum,) significatur. Plurimi, corticibus papaveris decoctis, fovent subinde os et caput spongia ex ea aqua. Asclepiades dixit ea esse supervacua; quoniam sæpe converterent in lethargum. Autem præcepit ut primo die, abstineretur a cibo, potione, somno; vespere aqua daretur ei potui; tum lenis frictio admoveretur, ut nequidem qui perfricaret imprimeret manum vehementer: deinde postero die, omnibus iisdem factis, vespere sorbitio et aqua daretur ei, que rursus frictio adhiberetur: enim per hanc nos consecuturos ut somnus accedat.

Id fit interdum, et quidem adeo ut, illo confitente, nimia frictio etiam afferat periculum lethargi. Sed si somnus non accessit, tum demum arcessendus illis medicamentis; scilicet eadem moderatione habita quæ est necessaria quoque hic, ne non possimus excitare postea quem volumus obdormire. Etiam si-

TRANSLATION.

the forehead either amomums or the sycamine tear. I find this name in the writings of physicians: but although the Greeks call the mulberry, sycaminus, yet there is no tear of this tree: but this term they apply to a tree growing in Egypt, which they call there morosykon. Many persons boil the rind of poppies in water, and foment the mouth and head occasionally with a sponge dipped in this decoction. Asclepiades has pronounced these to be injurious, since they often convert the disease into a lethargy. But on the first day he enacts abstinence from food, drink, and sleep; in the evening to give him water to drink; then gentle friction to be applied, but in so light a manner, that even the hand which rubs must not be pressed violently: then on the following day the same to be repeated, and in the evening water and gruel should be given to him, and again friction applied: for by these means we may procure sleep.

This effect indeed may happen sometimes, according to his own admission, that too much friction may produce lethargy. But if sleep have not been procured by these means, then we must have recourse to those above named: especially observing the same moderation which is so necessary here, lest we may not be able to

simus. Confert etiam aliquid ad somnum silanus juxta cadens; vel gestatio post cibum, et noctu; maximeque suspensi lecti motus.

Neque alienum est, si neque sanguis ante missus est, neque mens constat, neque somnus accedit, occipitio inciso cucurbitulam admovere; quæ quia levat morbum, potest etiam somnum facere. Moderatio autem in cibo quoque adhibenda est: nam neque implendus æger est, ne insaniat; neque jejunio utique vexandus, ne imbecillitate in cardiacum incidat. Opus est cibo infirmo, maximeque sorbitione, potione aquæ mulsæ, cujus ternos cyathos bis hieme, quater æstate dedisse satis est.

Alternum insaniæ genus est, quod spatium longius recipit; quia fere sine febre incipit, leves deinde febriculas excitat. Consistit in tristitia, quam videtur bilis atra contrahere. In hac utilis detractio sanguinis est: si quid hanc prohibet, prima est abstinentia; secunda, per album veratrum vomitumque purgatio. Post utrumlibet, adhibenda bis die frictio est; si magis valet, frequens etiam exercitatio; in jejuno vomitus: cibus, sine vino, dandus ex

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lanus cadens juxta confert aliquid ad somnum, vel gestatio post cibum et noctu, que maxime motus suspensi lecti.

Neque est alienum, si neque sanguis missus est ante, neque mens constat, neque somnus accedit, admovere cucurbitulam occipitio inciso; quæ, quia levat morbum, potest etiam facere somnum. Autem moderatio in cibo est quoque adhibenda; nam æger est neque implendus, ne insaniat; neque utique vexandus jejunio, ne imbecillitate incidat in cardiacum. Est opus infirmo cibo, que maxime sorbitione, potione mulsæ aquæ, cujus est satis dedisse ternos cyathos bis hieme, quater æstate.

Est alterum genus insaniæ quod recipit longius spatium, quia fere incipit sine febre, deinde excitat leves febriculas: consistit in tristitia, quam atrabilis videtur contrahere. In hac, detractio sanguinis est utilis: si quid prohibet hanc, abstinentia est prima, purgatio per album veratrum que vomitum secunda. Post utrumlibet frictio est adhibenda bis die: si valet magis, etiam frequens exercitatio: vomitus in jejuno. Cibus ex media materia est dandus sine vino;

TRANSLATION.

rouse the patient whom we wish to sleep. A cascade falling near the patient conduces to lull the senses asleep, or gestation at night after food, and especially the motion of a suspended bed.

Nor is it improper, if blood have not been previously let, to apply the cupping glasses to the incised occiput when there is continued vigilance and delirium, which will relieve the disease and may procure sleep. But moderation in food must be attended to: for the patient ought neither to be replenished, lest he become insane, nor, indeed is he to be tortured with hunger by abstinence, lest he fall a victim to the cardiac disease (4) from debility. He must take weak food, especially gruel, and drink hydromel, of which it will be sufficient to give three glasses, twice in winter, and four times in summer.

There is another species of insanity which admits of a longer duration, because for the most part it begins without fever, afterwards it excites slight fevers: it consists of sadness, which seems to proceed from atrabilis. Blood-letting in this is beneficial: if any circumstance impede this, the first remedy is abstinence, the second is to purge with white hellebore and a vomit. After either of these remedies, friction must be administered twice a day; if he be vigorous, frequent exercise also: and a vomit on an empty stomach. Food of the middle class is to be given

media materia est. Quam quoties posuero, scire licet, etiam ex infirmissima dari posse; dum ne ea sola quis utatur: valentissima tantummodo esse removenda. Præter hæc, servanda alvus est quam tenerrima; removendi terrores, et potius bona spes afferenda; quærenda delectatio ex fabulis, ludisque, quibus maxime capi sanus assueverat; laudanda, si qua sunt, ipsius opera, et ante oculos ejus ponenda; leviter objurganda vana tristitia; subinde admonendus, in iis ipsis rebus, quæ solicitant, cur non potius lætitiæ, quam solicitudinis causa sit. Si febris quoque accessit, sicut aliæ febres curanda est.

Tertium genus insaniæ est ex his longissimum; adeo ut vitam ipsam non impediat: quod robusti corporis esse consuevit. Hujus autem ipsius species duæ sunt. Nam quidam imaginibus, non mente falluntur; quales insanientem Ajacem vel Orestem percepisse poetæ ferunt: quidam animo desipiunt. Si imagines fallunt, ante omnia videndum est, tristes, an hilares sint. In tristitia, nigrum veratrum dejectionis causa; in hilaritate, album, ad vomi-

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quam quoties posuero, licet scire etiam ex infirmissima posse dari, dum quis ne utatur ea sola: tantummodo valentissima esse removenda. Præter hæc, alvus est servanda quam tenerrima; terrores removendi, et potius bona spes afferenda; delectatio quærenda ex fabulis que ludis, quibus sanus assueverat capi maxime; si sunt qua opera ipsius, laudanda, et ponenda ante oculos ejus; vana tristitia objurganda leviter; subinde admonendus, in his rebus ipsis, quæ sollicitant, cur sit non protinus causa lætitiæ, quam sollicitudinis. Si febris quoque accessit, est curanda sicut aliæ febres.

Tertium genus insaniæ est longissimum ex his, adeo ut non impediat vitam ipsam; quod consuevit esse robusti corporis. Autem sunt duæ species hujus ipsius; nam quidam falluntur imaginibus, non mente; quales poetæ ferunt Ajacem vel Orestem insanientem percepisse: quidam desipiunt animo. Si imagines fallunt, ante omnia est videndum sint tristes an hilares. In tristitia, nigrum veratrum debet dari causa dejectionis in hilaritate, album ad vomitum excitandum:

TRANSLATION.

without wine: which as often as I have mentioned this last term I wish it to be understood that it is the weakest may be given, provided the patient be not confined to that alone: that the most nutritious are withheld only. In addition to these, the bowels must be kept as open as possible; all terrors must be removed, and rather good prospects held out: cheerful entertainment must be sought for out of fabulous tales and sports, with which he used to be most delighted, when in health: if there be any of his own works, they must be extolled, and placed before him: his unfounded apprehensions are to be reproved in a mild manner: he must be occasionally admonished about those very things themselves which render him anxious, why there may not be cause of gladness rather than of anxiety. If fever also have acceded, it is to be treated as other fevers.

The third species of INSANITY is the longest of these, yet it does not seem to impede the vital functions; and which is incident to a robust constitution. But there are two species of this itself; for some are deceived by the conjurations of a heated imagination, not from a disordered mind; such were the ravings of Ajax and Orestes (5) as related by the poets; others are disordered in their reason. If phantoms mislead the mind, first of all must be observed whether they be sad or merry. In sadness black hellebore ought to be given as a purgative; but in the

tum excitandum, dari debet: idque, si in potione non accipit, pani adjiciendum est, quo facilius fallat. Nam si bene se purgaverit, ex magna parte morbum levabit. Ergo etiam si semel datum veratrum parum profecerit, interposito tempore iterum dari debet. Neque ignorare oportet, leviorem esse morbum cum risu, quam serio insanientium. Illud quoque perpetuum est in omnibus morbis; ubi ab inferiore parte purgandus aliquis est, ventrem ejus ante solvendum esse; ubi a superiore, comprimendum.

Si vero consilium insanientem fallit, tormentis quibusdam optime curatur. Ubi perperam aliquid dixit, aut fecit, fame, vinculis, plagis coercendus est. Cogendus est et attendere, et ediscere aliquid, et meminisse: sic enim fiet, ut paulatim metu cogatur considerare, quid faciat. Subito etiam terreri, et expavescere, in hoc morbo prodest; et fere quidquid animum vehementer perturbat. Potest enim quædam fieri mutatio, cum ab eo statu mens, in quo fuerat, abducta est. Interest etiam, is ipse sine causa subinde rideat, an mœstus demissusque sit: nam demens hila-

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que id est adjiciendum pani, si non accipit in potione, quo fallat facilius: nam si purgaverit se bene, levabit morbum ex magna parte. Ergo etiam si veratrum datum semel profecerit parum, tempore interposito, debet dari iterum. Neque oportet ignorare, morbum cum risu esse leviorem quam insanientium serio. Illud quoque est perpetuum in omnibus morbis, ubi aliquis est purgandus ab inferiore parte, ventrem ejus esse solvendum ante, ubi a superiore, comprimendum.

Vero si consilium fallit insanientem, curatur optime quibusdam tormentis. Ubi dixit aut fecit aliquid perperam, est coercendus fame, vinculis, plagis. Est cogendus et attendere, et ediscere aliquid, et meminisse: enim sic fiet, ut paulatim cogatur metu considerare quid faciat. Etiam prodest in hoc morbo terreri subito et expavescere; et fere quidquid perturbat animum vehementer. Enim quædam mutatio potest fieri quum mens abducta est ab eo statu in quo fuerat. Etiam interest is ipse rideat subinde sine causa, an sit mœstus que demissus: nam demens hila-

TRANSLATION.

merry species white hellebore to excite vomiting: and that must be added to bread, if the patient will not take it in a potion; by which he may be the more easily deceived: for if he be well purged, it will in a great measure relieve the disease. Therefore if the first administration of the white hellebore have benefited little, after some interval it ought to be repeated. Neither should we be ignorant, that this disease is more mild when attended with laughter, than with melancholy. It is an established principle in the treatment of all diseases, when a patient is to be purged in the inferior parts, that his bowels must be opened first, if upwards they must be confined.

But if it be mental alienation, some are best cured by correction. When he has said or done any thing wrong, he must be chastised by hunger, chains, and stripes. He must be made to attend, and to learn off something that he may remember: for by this it will happen, that by degrees he will be led to consider what he may be doing. It is also beneficial in this malady to be put into sudden dread, and in general whatever disturbs the mind by a violent shock. For a change may be effected when the mind is withdrawn from that state in which it had been. It is also of some importance, whether the patient himself may laugh occasionally without any cause, or whether he be sad and dejected: for the hilarity of insanity is

ritas terroribus iis, de quibus supra dixi, melius curatur: si nimia tristitia est, prodest lenis, sed multa bis die frictio; item per caput aqua frigida infusa, demissumque corpus in aquam et oleum.

Illa communia sunt: insanientes vehementer exerceri debere; multa frictione uti; neque pinguem carnem, neque vinum assumere; cibis uti post purgationem, ex media materia, quam levissimis; non oportere esse vel solos, vel inter ignotos, vel inter eos, quos aut contemnant, aut negligant; mutare debere regiones, et si mens redit, annua peregrinatione esse jactandos. Raro, sed aliquando tamen, ex metu delirium nascitur. Quod genus insanientium, specie simile, similique victus genere curandum est: præterquam quod in hoc insaniæ genere solo recte vinum datur.

ORDO.

ritas curatur melius his terroribus de quibus dixi supra. Si est nimia tristitia, lenis, sed multa frictio, bis die, prodest: item frigida aqua infusa per caput, que corpus demissum in aquam et oleum.

Illa sunt communia, insanientes debere exerceri vehementer; uti multa frictione; neque assumere pinguem carnem, neque vinum; post purgationem uti cibis quam levissimis ex media materia; non oportere esse vel solos, vel inter ignotos, vel inter eos quos aut contemnant, aut negligant; debere mutare regiones, et si mens redit, esse jactandos annua peregrinatione. Raro, sed tamen aliquando, delirium nascitur ex metu. Quod genus insanientium, simile specie, est curandum simili genere victus: præterquam quod in hoc genere insaniæ solo vinum recte datur.

TRANSLATION.

treated better by those terrors which I have mentioned above. If it be an extreme case of sadness, gentle, but long continued friction twice a day does good: also cold water poured over the head, and the body lowered into water and oil.

It is a general rule for insane persons to be exercised violently; to apply long continued friction; neither to eat fat meat nor wine; after purging to take the lightest possible food from the middle class: that they ought neither to be alone, nor among strangers, nor those whom they either despise, or regard with indifference: that they ought to change their climates, and if reason return, to be exercised by an annual peregrination. It does happen, though rarely, that insanity is the result of terror, which genus of insanity is of a similar species (*to that last mentioned*), and to be treated by similar diet: except that in this kind of insanity alone, wine may be administered with advantage.

CAP. XIX.

DE CARDIACIS.

His morbis præcipue contrarium est id genus, quod καρδιακὸν a Græcis nominatur; quamvis sæpe ad eum phrene-

ORDO.

CAP. XIX.

DE CARDIACIS.

Id genus quod nominatur a Græcis καρδιακὸν (cardiacus) est præcipue contrarium his mor-

TRANSLATION.

CHAP. XIX.

THE CARDIACUS AND ITS TREATMENT.

That disease called by the Greeks cardiacus, is very different to these latter diseases, although phrenetic cases very often degenerate to it: for the mind in *that* is

tici transeunt: siquidem mens in illis labat, in hoc constat. Id autem nihil aliud est, quam nimia imbecillitas corporis, quod, stomacho languente, immodico sudore digeritur. Licetque protinus scire id esse, ubi venarum exigui imbecillique pulsus sunt; sudor autem supra consuetudinem, et modo, et tempore, ex toto thorace, et cervicibus, atque etiam capite prorumpit, pedibus tantummodo, et cruribus siccioribus, atque frigentibus. Acutique morbi genus est.

Curatio prima est, supra præcordia imponere, quæ reprimant, cataplasmata: secunda, sudorem prohibere. Id præstat acerbum oleum, vel rosa, vel melinum, aut myrteum: quorum aliquo corpus leniter perungendum, ceratumque ex aliquo horum tum imponendum est.

Si sudor vincit, delinendus homo est vel gypso, vel argenti spuma, vel Cimolia creta, vel etiam subinde horum pulvere respergendus. Idem præstat pulvis ex contritis aridi myrti vel rubi foliis, aut ex austeri et boni vini arida fæce: pluraque similia sunt, quæ si desunt, satis utilis est quilibet ex via pulvis injectus. Super hæc vero, quo minus corpus insudet, levi veste debet esse

ORDO.

bis; quamvis phrenetici sæpe transeunt ad eum: siquidem mens labat in illis, in hoc constat. Autem id est nihil aliud quam nimia imbecillitas corporis, quod, stomacho languente, digeritur immodico sudore: que licet protinus scire id esse, ubi pulsus venarum sunt exigui que imbecilli; autem sudor prorumpit supra consuetudinem, et modo, et tempore, ex toto thorace, et cervicibus, atque etiam capite, tantummodo pedibus et cruribus siccioribus atque frigentibus: que est genus acuti morbi.

Prima curatio est, imponere cataplasmata, quæ reprimant supra præcordia: secunda, prohibere sudorem. Acerbum oleum, vel rosa, vel melinum, aut myrteum præstat id: aliquo quorum corpus perungendum leniter; que ceratum ex aliquo horum est tum imponendum.

Si sudor vincit, homo est delinendus vel gypso, vel spuma argenti, vel Cymolia creta; vel etiam respergendus subinde pulvere horum. Pulvis ex contritis foliis aridi myrti vel rubi præstat idem, aut ex arida fæce austeri et boni vini: que sunt plura similia quæ, si desunt, quilibet pulvis ex via injectus est satis utilis. Vero super hæc, quo corpus insudet minus, debet esse contectus levi

TRANSLATION.

disordered, in *this* it is sound. But that is nothing else than excessive debility of body, which is exhausted by colliquative perspiration, the stomach being languid: and we may know that immediately to be the case, when the pulsation of the arteries are small and weak; when the sweat bursts forth excessively, both in quantity and duration, over the whole chest and neck, and even the head, the feet and legs only remain dry and cold:—this is the acute form of the disease.

The first treatment is to apply astringent cataplasms over the præcordia; the second is to moderate the perspiration. This is accomplished by bitter oil, either of the rose, the quince, or myrtle oil, with either of which the body must be anointed gently; and then a cerate composed of any of these is to be laid on.

If the perspiration still hold out, the patient must be smeared over with gypsum or with litharge, or Cimolian chalk; or even to be sprinkled occasionally with the powder of these. The dried powder of myrtle or bramble leaves have the same property, or the dried lees of good, rough wine: and there are many other similar things, if those be wanting, any powder from the road-way being thrown on the part will be found sufficiently useful. But in addition to these things, in order that the body may sweat less, the patient ought to be covered with light clothing, not

contectus, loco non calido, fenestris patentibus, sic, ut perflatus quoque aliquis accedat.

Tertium auxilium est, imbecillitati jacentis cibo vinoque succurrere. Cibus non multus quidem, sed sæpe tamen nocte ac die dandus est; ut nutriat, neque oneret. Is esse debet ex infirmissima materia, et stomacho aptus. Nisi si necesse est, ad vinum festinare non oportet: si verendum est, ne deficiat, tum et intrita ex hoc, et hoc ipsum austerum quidem, sed tamen tenue, meraculum, egelidum subinde et liberaliter dandum est; adjecta polenta, si modo is æger parum cibi assumit: idque vinum esse debet, neque nullarum virium, neque ingentium; recteque tota die ac nocte, vel tres heminas æger bibet; si vastius corpus est, plus etiam. Si cibum non accipit, perunctum ante perfundere aqua frigida convenit, et tum dare.

Quod si stomachus resolutus parum continet, et ante cibum, et post eum sponte vomere oportet; rursusque post vomitum cibum sumere. Si ne id quidem manserit, sorbere vini cyathum, interpositaque hora, sumere alterum. Si id quoque stomachus reddiderit, to-

ORDO.

veste, non calido loco, patentibus fenestris, sic ut quoque aliquis perflatus accedat.

Tertium auxilium est succurrere imbecillitati jacentis cibo que vino. Non multus cibus quidem est dandus; sed tamen sæpe nocte ac die; ut nutriat, neque oneret. Is debet esse ex infirmissima materia, et aptus stomacho. Non oportet festinare ad vinum, nisi si est necesse. Si est verendum, ne deficiat, tum et intrita ex hoc, et hoc ipsum austerum quidem, sed tamen tenue, meraculum, egelidum, est dandum subinde et liberaliter; polenta adjecta, si modo is æger assumit parum cibi: que id vinum debet esse neque nullarum, neque ingentium virium; que æger bibet recte vel tres heminas tota die ac nocte; vel etiam plus, si corpus est vastius: si non accipit cibum, convenit perfundere perunctum frigida aqua ante, et tum dare.

Quod si stomachus resolutus continet parum, oportet vomere sponte et ante cibum et post eum; que rursus sumere cibum post vomitum. Siquidem id ne manserit, sorbere cyathum vini, que hora interposita, sumere alterum. Si stomachus reddiderit id quo-

TRANSLATION.

in a warm place, but where he may have a gentle breeze blow over him with open windows.

The third remedy is to stimulate the patient with food and wine. Not much food must be given, but that should be frequent, both by day and night; so that it may nourish and not load. That ought to be of the weakest class, and adapted for the stomach. Wine must not be given too soon, unless there be necessity. If there be any fear of his fainting, then wine-panada, or even this itself, but austere, light, and a little diluted, may be given occasionally and freely, warmed a little, polenta (6) being added if the patient take but little food: and that wine ought neither to be very weak nor very strong; and the patient may very well drink three heminæ (7) during the twenty-four hours; or even more, if he be a very big personage; if he will not receive food, it is proper that he be first anointed, and then the cold effusion, by submitting him to a stream of cold water, and then to give food.

But if the stomach be so debilitated, that scarcely any thing is retained, it behoves him to induce spontaneous vomiting both before and after food; and take food again after the vomit. If even this shall not remain, let him sip a glass of wine, and an hour having elapsed, to take another. If the stomach have rejected

tum corpus bulbis contritis superillinendum est; qui, ubi inaruerunt, efficiunt, ut vinum in stomacho contineatur, exque eo toti corpori calor, venisque vis redeat.

Ultimum auxilium est, in alvum ptisanæ vel alicæ cremorem ex inferioribus partibus indere: siquidem id quoque vires tuetur. Neque alienum est, naribus quoque æstuantis admovere, quod reficiat; id est rosam et vinum: et si qua in extremis partibus frigent, unctis et calidis manibus fovere. Per quæ si consequi potuimus, ut et sudoris impetus minuatur, et vita prorogetur, incipit jam tempus ipsum esse præsidio. Ubi in tuto esse videtur, verendum tamen est, ne in eamdem imbecillitatem cito recidat: itaque, vino tantum remoto, quotidie validiorem cibum debet assumere, donec satis virium corpori redeat.

ORDO.

que, totum corpus est superillinendum bulbis contritis; qui, ubi inaruerunt, efficiunt ut vinum contineatur in stomacho, que ex eo calor redeat toti corpori, que vis venis.

Ultimum auxilium est, indere in alvum ex inferioribus partibus cremorem ptisanæ vel alicæ, siquidem id quoque tuetur vires. Neque est alienum quoque admovere naribus æstuantis quod reficiat, id est rosam et vinum: et, si qua in extremis partibus frigent, fovere unctis et calidis manibus: per quæ si potuerimus consequi, ut et impetus sudoris minuatur, et vita prorogetur, jam tempus ipsum incipit esse præsidio. Ubi videtur esse in tuto, tamen est verendum ne recidat cito in eamdem imbecillitatem: itaque, vino tantum remoto, debet assumere quotidie validiorem cibum, donec satis virium redeat corpori.

TRANSLATION.

that also, the whole body is to be smeared over with bruised bulbs; which, when they have become dry, enable the stomach to retain the wine, and by that, heat will be distributed to all parts of the body, and energy to the circulation.

The last remedy is, to introduce by the rectum the cream of ptisan or alica, for that also supports the strength. Neither is it improper also to apply something to the nostrils of a person oppressed with heat which may refresh him, that is the wine and rose: and, if the extremities be cold, let them be rubbed with warm anointed hands. By which means, if we have been able to obtain an ascendancy, both the violence of the perspiration may be diminished, and life prolonged, time itself *and the efforts of nature* at last effect a cure. Even when he seems to be out of danger, still there is ground for apprehension, lest he relapse into the same state of debility. Therefore with the exception of wine only, he ought to take stronger food daily, until the body acquire sufficient strength.

CAP. XX.

DE LETHARGICIS.

ALTER quoque morbus est, aliter phrenetico contrarius. In eo difficilior somnus, prompta ad omnem audaciam mens est: in hoc marcor, et inexpugnabilis pene dormiendi necessitas. Λήθαργον Græci nominant. Atque id quoque genus acutum est, et nisi succurritur, celeriter jugulat. Hos ægros quidam subinde excitare nituntur, admotis iis, per quæ sternutamenta evocantur, et iis, quæ odore fœdo movent; qualis est pix cruda, lana succida, piper, veratrum, castoreum, acetum, allium, cepa. Juxta etiam galbanum incendunt, aut pilos, aut cornu cervinum; si id non est, quodlibet aliud. Hæc enim cum comburuntur, odorem fœdum movent.

Tharrias vero quidam, accessionis id malum esse dixit, levarique, cum ea decessit: itaque eos, qui subinde excitant, sine usu male habere. Interest autem, in decessione expergiscatur æger, an, cum febris non levetur, aut levata quoque ea somnus urgeat. Nam si exper-

ORDO.

CAP. XX.

DE LETHARGICIS.

EST quoque alter morbus aliter contrarius phrenetico. In eo somnus est difficilior, mens prompta ad omnem audaciam: in hoc marcor et pæne inexpugnabilis necessitas dormiendi; Græci nominant λήθαργον (lethargus). Atque id genus est quoque acutum, et, nisi succurritur, celeriter jugulat. Quidam nituntur excitare hos ægros subinde, admotis iis, per quæ sternutamenta evocantur, et iis quæ movent fœdo odore, qualis est cruda pix, succida lana, piper, veratrum, castoreum, acetum, allium, cepa. Etiam incendunt juxta, galbanum, aut pilos, aut cornu cervinum; si id non est, quodlibet aliud: enim quum hæc comburuntur, movent fœdum odorem.

Vero quidam Tharrias dixit id esse malum accessionis, que levari quum ea decessit: itaque eos qui excitantur subinde, habere male sine usu. Autem interest, an æger expergiscatur in decessione, an somnus urgeat quum febris non levatur, aut quoque ea levata. Nam si expergiscitur,

TRANSLATION.

CHAP. XX.

ON LETHARGY AND ITS TREATMENT.

THERE is also another disease, different in other respects to the phrenetic. In phrenzy, sleep is obtained with difficulty, and the mind is ready for any act of violence; but in *this*, there is a drowsiness and almost an irresistible necessity to sleep. The Greeks term it lethargus. This is also an acute disease, and unless speedily relieved, destroys life. Some endeavour to rouse such patients occasionally with those things which excite sneezing, and stimulate by their pungent odour, such as crude pitch, sordid wool, pepper, hellebore, castor, vinegar, garlic, onion. They also burn galbanum near them, hair, or hartshorn: or if there be none of these, any other horn; for when these things are burnt they give out a fœtid odour.

But Tharrias has said that lethargy is the effect of a paroxysm, and that it is relieved when it has gone off: therefore those who are roused frequently, are maltreated to no purpose. But it is very important, whether the patient awake in the departure of the paroxysm, or whether this lethargic sleep continue to oppress him, the fever not being alleviated, or otherwise. For if he awake, it is useless to

giscitur, adhibere ei, ut sopito, supervacuum est: neque enim vigilando melior fit; sed per se, si melior est, vigilat. Si vero continens ei somnus est, utique excitandus est; sed iis temporibus, quibus febris levissima est, ut et excernat aliquid, et sumat.

Excitat autem validissime repente aqua frigida infusa. Post remissionem itaque, perunctum oleo multo corpus, tribus aut quatuor amphoris totum per caput perfundendum est. Sed hoc utemur, si æqualis ægro spiritus erit, si mollia præcordia: sin aliter hæc erunt, ea potiora, quæ supra comprehensa sunt. Et, quod ad somnum quidem pertinet, commodissima hæc ratio est. Medendi autem causa, caput radendum; deinde posca fovendum est, in qua laurus, aut ruta decocta sit: altero die imponendum castoreum, aut ruta ex aceto contrita, aut lauri baccæ, aut hedera cum rosa et aceto. Præcipueque proficit, et ad excitandum hominem, naribus admotum, et ad morbum ipsum depellendum, capiti frontive impositum sinapi. Gestatio etiam in hoc morbo prodest; maximeque opportune cibus datus, id est in remissione, quanta maxima inveniri poterit. Aptissima autem sorbitio est, donec morbus decrescere incipiat: sic,

ORDO.

est supervacuum adhibere ei ut sopito; enim neque fit melior vigilando; sed si est melior, vigilat per se. Vero si est continens somnus ei, utique est excitandus: sed iis temporibus quibus febris est levissima, ut et excernat et sumat aliquid.

Autem frigida aqua infusa repente excitat validissime. Itaque post remissionem, corpus perunctum multo oleo, est perfundendum per totum caput, tribus aut quatuor amphoris. Sed utemur hoc, si spiritus erit æqualis ægro, si præcordia mollia: sin hæc erunt aliter, ea potiora quæ sunt comprehensa supra. Et quod pertinet ad somnum quidem, hæc ratio est commodissima. Autem causa medendi, caput radendum, deinde est fovendum posca, in qua laurus aut ruta decocta sit: altero die castoreum imponendum, aut ruta contrita ex aceto, aut baccæ lauri, aut hedera cum rosa et aceto. Que sinapi præcipue proficit, et admotum naribus ad excitandum hominem, et impositum capiti ve fronti, ad depellendum morbum ipsum. Etiam gestatio prodest in hoc morbo; que maxime cibus datus opportune, id est in remissione quanta maxima poterit inveniri. Autem sorbitio est aptissima, donec morbus incipiat decrescere; sic, ut

TRANSLATION.

administer to him as one asleep; for he gets no better by being awake; but if he be better, he will keep awake of his own accord. But if he remain in a continued sleep, then indeed he must be aroused, but at those times when the fever is lightest, so that he may excrete, and take some food.

Now cold water poured on suddenly, rouses most powerfully. Therefore after the remission, the body being anointed with much oil, three or four amphoræ of water should be poured over the whole head. But we can only use this when the respiration is equal, and the præcordia soft: but if these shall be otherwise, those things are preferable which are comprehended above. As to sleep, then, this is the most practicable mode of treatment. But for the cure of the disease, the head must be shaved; afterwards to be fomented with posca in which laurel or rue has been boiled: on the day following castor is to be laid on, or rue bruised up with vinegar. Mustard will be particularly beneficial, by being applied to the nostrils in rousing the man, and by being laid on the head or forehead to dispel the disease itself. Also gestation profits in this disease; and particularly food being given seasonably, that is, in the greatest remission that can be found. Now gruel is most proper until the disease begin to decline; so, that if there be a severe pa-

ut si quotidie gravis accessio est, hæc quotidie detur; si alternis, post graviorem, sorbitio, post leviorem, mulsa aqua. Vinum quoque cum tempestivo cibo datum non mediocriter adjuvat. Quod si post longas febres ejusmodi torpor accessit, cetera eadem servanda sunt: ante accessionem autem, tribus quatuorve horis, castoreum, si venter adstrictus est, mistum cum scammonia; si non est, per se ipsum cum aqua dandum est. Si præcordia mollia sunt, cibis utendum est plenioribus; si dura, in iisdem sorbitionibus subsistendum; imponendumque præcordiis, quod simul et reprimat et emolliat.

ORDO.

si est gravis accessio quotidie, hæc datur quotidie, si alternis, sorbitio, post graviorem, mulsa aqua post leviorem. Quoque vinum datum cum tempestivo cibo non adjuvat mediocriter. Quod si torpor ejusmodi accessit post longas febres, cætera eadem sunt servanda: autem tribus ve quatuor horis ante accessionem; castoreum est dandum mistum cum scammonia, si venter est adstrictus; si non est, cum aqua per se ipsum. Si præcordia sunt mollia, est utendum plenioribus cibis: si dura, subsistendum in iisdem sorbitionibus; que imponendum præcordiis, quod simul et reprimat et emolliat.

TRANSLATION.

roxysm every day, this may be given daily; if on alternate days, gruel may be given after the more severe accession, honeyed water after the lighter. Also the proper administration of wine with seasonable food assists very much. But if a torpor of this kind have acceded after long fevers, the other remedies are to be preferred: but three or four hours before the accession, castor is to be given mixed with scammony, if the bowels be bound, if not, with water by itself. If the præcordia be soft, stronger food must be taken; if hard, then the patient must be limited to the above-named gruels; and there must be something laid on the præcordia, which may repress and soften at the same time.

CAP. XXI.

DE HYDROPICIS.

Sed hic quidem acutus est morbus. Longus vero fieri potest eorum, quos aqua inter cutem male habet; nisi primis diebus discussus est: ὕδρωπα Græci vocant. Atque ejus tres species sunt. Nam modo, ventre vehementer intento,

ORDO.

CAP. XXI.

DE HYDROPICIS.

Sed hic quidem est acutus morbus. Vero eorum quos aqua inter cutem habet male, potest fieri longus; nisi discussus est primis diebus: Græci vocant ὕδρωπα (hydropem). Atque sunt tres species ejus. Nam modo, ventre intento vehe-

TRANSLATION.

CHAP. XXI.

OF DROPSY.

Now the latter is an acute disease; but those who have water under the skin may possess a chronic disease, unless removed soon; the Greeks term it DROPSY. There are three species of it. For at times the abdomen is very tense, and there is a

creber intus ex motu spiritus sonus est: modo corpus inæquale est, tumoribus aliter aliterque per totum id orientibus: modo intus in uterum aqua contrahitur, et moto corpore ita movetur, ut impetus ejus conspici possit. Primum, τυμπανίτην; secundum, λευκοφλεγματίαν, vel ὑπὸ σάρκα; tertium, ἀσκίτην Græci nominarunt. Communis tamen omnium est humoris nimia abundantia; ob quam ne ulcera quidem in his ægris facile sanescunt.

Sæpe vero hoc malum per se incipit; sæpe alteri vetusto morbo, maximeque quartanæ, supervenit. Facilius in servis, quam in liberis tollitur: quia, cum desideret famem, sitim, mille alia tædia, longamque patientiam, promptius iis succurritur, qui facile coguntur, quam quibus inutilis libertas est. Sed ne ii quidem, qui sub alio sunt, si ex toto sibi temperare non possunt, ad salutem perducuntur. Ideoque non ignobilis medicus, Chrysippi discipulus, apud Antigonum regem, amicum quemdam ejus, notæ intemperantiæ, mediocriter eo morbo implicitum, negavit posse sanari. Cumque alter medicus Epirotes Philippus se sanaturum polliceretur; respondit, illum

ORDO.

menter, est creber sonus intus ex motu spiritus: modo corpus est inæquale, tumoribus orientibus aliter atque aliter per totum id: modo aqua contrahitur intus in uterum, et corpore moto, movetur ita, ut impetus ejus possit conspici. Græci nominarunt primum τυμπανίτην (tympanites); secundum λευκοφλεγματίαν (leucophlegmatia), vel ὑπὸ σάρκα (hyposarca): tertium ἀσκίτην (ascites). Tamen nimia abundantia humoris est communis omnium, ob quam nequidem ulcera sanescunt facile in his ægris.

Vero sæpe hoc malum incipit per se: sæpe supervenit alteri vetusto morbo, que maxime quartanæ. Tollitur facilius in servis, quam in liberis: quia, cum desideret famem, sitim, mille alia tædia, que longam patientiam, succurritur promptius iis qui facile coguntur, quam quibus est inutilis libertas. Sed nequidem ii qui sunt sub alio, si non possunt temperare sibi ex toto, perducuntur ad sanitatem. Que ideo, non ignobilis medicus, discipulus Chrysippi, apud regem Antigonum, negavit quemdam amicum ejus, notæ intemperantiæ, mediocriter implicitum eo morbo, posse sanari. Que cum alter medicus, Philippus Epirotes, polliceretur se sanaturum; respondit, illum respicere ad morbum

TRANSLATION.

frequent sound heard within, from the motion of air; sometimes the body is unequal, tumours arising variously over the whole: sometimes water is accumulated within the abdomen, and by percussion of the body, it is moved in such a manner, that its fluctuation may be detected. The Greeks have named the first Tympanites; the second, Leucophlegmatia, or Hyposarca; the third, Ascites. Now an excess of moisture is common to them all, and on this account ulcers do not heal easily on such persons.

This disease often begins spontaneously; very often succeeds to another chronic disease, and especially quartan fever. Slaves are more easily liberated from it than free men: because it requires abstinence, thirst, long patience, and a thousand other inconveniencies, consequently they are more readily relieved than those to whom liberty proves an impediment. But even those who are under the control of others, unless they can moderate their desires entirely, are not cured. For this very reason, a physician of some celebrity, a disciple of Chrysippus, residing with King Antigonus, maintained that a certain friend of that prince, noted for his intemperance, and but moderately affected with this disease, could not be cured. When another physician, Philip of Epirus, undertook to cure him, the other answered,

ad morbum ægri respicere; se, ad animum. Neque eum res fefellit. Ille enim cum summa diligentia non medici tantummodo, sed etiam regis custodiretur, tamen malagmata sua devorando, bibendoque suam urinam, in exitium sese præcipitavit.

Inter initia tamen, non difficillima curatio est, si imperata sunt corpori quies, sitis, inedia: at si malum inveteravit, non nisi magna mole discutitur. Metrodorum tamen, Epicuri discipulum, ferunt, cum hoc morbo tentaretur, neque æquo animo necessariam sitim sustineret, ubi diu abstinuerat, bibere solitum, deinde evomere. Quod si redditur, quidquid receptum est, multum tædio demit; si a stomacho retentum est, morbum auget: ideoque in quolibet tentandum non est.

Sed si febris quoque est, hæc in primis submovenda est per eas rationes, per quas huic succurri posse propositum est: si sine febre æger est, tum demum ad ea veniendum est, quæ ipsi morbo mederi solent. Atque hic quoque quæcumque species est, si nondum nimis occupavit, iisdem auxiliis opus est: multum ambulandum, currendum, aliquid est; superiores maxime

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ægri; se, ad animum. Neque res fefellit eum. Enim cum ille custodiretur summa diligentia non tantummodo medici, sed etiam regis, tamen devorando sua malagmata, que bibendo suam urinam, præcipitavit sese in exitium.

Tamen inter initia, curatio non est difficillima, si quies, sitis, inedia sunt imperata corpori: at si malum inveteravit, non nisi discutitur magna mole. Tamen ferunt Metrodorum, discipulum Epicuri, cum tentaretur hoc morbo, neque sustineret necessariam sitim æquo animo, ubi abstinuerat diu, (esse) solitum bibere, deinde evomere. Quod si quidquid est receptum, redditur, demit multum tædio; si est retentum a stomacho, auget morbum: que ideo non est tentandum in quolibet.

Sed si est quoque febris, hæc est submovenda in primis per eas rationes, per quas est propositum posse succurri huic: si æger est sine febre, tum demum est veniendum ad ea, quæ solent mederi morbo ipsi. Atque hic quoque quæcumque species est, si nondum occupavit nimis, est opus iisdem auxiliis: est ambulandum multum, currendum aliquid; superiores partes sic per-

TRANSLATION.

"*You seem to regard his disease only; I know his mind.*" Nor was he deceived. For although he was guarded with the greatest diligence not only of the physician, but also by the king himself, yet by devouring his own poultices and drinking his urine, he precipitated his own destruction."

Yet in the beginning, the cure is not very difficult, if rest, thirst, and abstinence be strictly enjoined on the patient; but when the disease becomes chronic, it is discussed with much difficulty. Yet they relate, that Metrodorus, a disciple of Epicurus, when he was afflicted with this disease, and could not sustain the necessary thirst with equanimity, when he had abstained a long time, used to drink, and afterwards reject it again. Now if whatever has been taken, be discharged again, it mitigates the malady much; if retained by the stomach, it augments the disease: and on that account ought not to be tried in every case.

But if there be fever also, this must be removed first of all by those means previously prescribed for its relief; if the patient have not fever, then we must appropriate those things that are calculated to cure the disease itself: and here too, whatever be the species, the same remedies will avail, if the disease have not made much progress in the system: he must walk much, run a little; and the superior

partes sic perfricandæ, ut spiritum ipse contineat; evocandus est sudor, non per exercitationem tantum, sed etiam in arena calida, vel laconico, vel clibano, similibusque aliis; maximeque utiles naturales, et siccæ sudationes sunt, quales super Baias in myrtetis habemus. Balneum, atque omnis humor alienus est. Jejuno recte catapotia dantur, facto ex absinthii duabus, myrrhæ tertia parte.

Cibus esse debet ex media quidem materia, sed tamen generis durioris: potio non ultra danda est, quam ut vitam sustineat; optimaque est, quæ urinam movet. Sed id ipsum tamen moliri cibo, quam medicamento melius est. Si tamen res coget, ex iis aliquid, quæ id præstant, erit decoquendum, eaque aqua potui danda. Videntur autem hanc facultatem habere iris, nardum, crocum, cinnamum, amomum, casia, myrrha, balsamum, galbanum, ladanum, œnanthe, panaces, cardamomum, hebenus, cupressi semen, uva taminia σταφίδα ἀγρίαν Græci nominant, abrotonum, rosæ folia, acorum, amaræ nuces, tragoriganum, styrax, costus, junci quadrati et rotundi semen; illum κύπειρον, hunc σχοῖνον Græci vocant:

ORDO.

fricandæ, maxime ut ipse contineat spiritum; sudor est evocandus, non tantum per exercitationem, sed etiam in calida arena, vel laconico, vel clibano, que aliis similibus; que naturales et siccæ sudationes, quales habemus super Baias in myrtetis sunt maxime utiles. Balneum, atque omnis humor est alienus. Catapotia dantur recte jejuno, facta ex duabus (partibus) absinthii, tertia parte myrrhæ.

Cibus quidem debet esse ex media materia, sed tamen durioris generis: potio non est danda ultra, quam ut sustineat vitam; que (ea) est optima, quæ movet urinam. Sed tamen est melius moliri id ipsum cibo, quam medicamento. Si tamen res coget, aliquid ex iis, quæ præstant id, erit decoquendum, que ea danda potui aqua. Autem iris, nardum, crocum, cinnamum, amomum, casia, myrrha, balsamum, galbanum, ladanum, œnanthe, panaces, cardamomum, hebenus, semen cupressi, taminia uva, Græci nominant σταφίδα ἀγρίαν (staphida agrian), abrotonum, folia rosæ, acorum, amaræ nuces, tragoriganum, styrax, costus, semen rotundi et quadrati junci, Græci vocant illum σχοῖνον (schoinon), hunc κύπειρον (kupeiron) videntur habere hanc facul-

TRANSLATION.

parts particularly to be rubbed: that the patient himself in the mean time should retain his breath: perspiration is not only to be elicited by exercise, but in hot sand, or in the laconicum, or clibanum, and by other similar means; the natural and dry sweating places, such as we have in the myrtle groves above Baiæ, are particularly useful. The bath and all fluids are improper. Catapotia (8) composed of two parts of wormwood and one third of myrrh, may be given with propriety to the patient on an empty stomach.

Indeed the food ought to be of the middle class, but yet of the harder kind; no more drink should be given than what may support life; and that is the best which promotes urine. But yet it is better to effect that, by food rather than by medicine. However, if the case require it, some of those things which possess that property should be boiled, and given for drink. This diuretic principle seems to exist in iris, spikenard, saffron, cinnamon, amomum, casia, myrrh, balsam, galbanum, ladanum, wild grape, panaces, cardamum, ebony, cypress seed, Taminian grape, which the Greeks term staphis agria, southernwood, rose leaves, acorum, bitter almonds, wild marjoram, styrax, costum, the seed of the square and round rush, the Greeks call that cupeiron (*cyperus*), this schœnus (9); which as often as I have

quæ quoties posuero, non quæ hic nascuntur, sed, quæ inter aromata afferuntur, significabo. Primo tamen, quæ levissima ex his sunt, id est rosæ folia, vel nardi spica, tentanda sunt. Vinum quoque utile est austerum, sed quam tenuissimum. Commodum est etiam, lino quotidie ventrem metiri, et, qua comprehendit alvum, notam imponere; posteroque die videre, plenius corpus sit, an extenuetur: id enim, quod extenuatur, medicinam sentit. Neque alienum est, metiri et potionem ejus, et urinam: nam si plus humoris excernitur, quam assumitur, ita demum secundæ valetudinis spes est. Asclepiades in eo, qui ex quartana in hydropa deciderat, se abstinentia bidui, et frictione usum; tertio die, jam et febre et aqua liberato, cibum et vinum dedisse, memoriæ prodidit.

Hactenus communiter de omni specie præcipi potest: si vehementius malum est, diducenda ratio curandi est. Ergo si inflatio, et ex ea dolor creber est, utilis quotidianus, aut altero quoque die post cibum, vomitus est: fomentis siccis calidisque utendum est. Si per hæc dolor non finitur, necessariæ sunt sine ferro cucurbitulæ: si ne per has

ORDO.

tatem: quæ quoties posuero, non significabo hic quæ nascuntur, sed quæ afferuntur inter aromata. Tamen primo, quæ sunt levissima ex his, id est folia rosæ, vel spica nardi, sunt tentanda. Quoque austerum vinum est utile, sed quam tenuissimum. Quoque est commodum, metiri ventrem lino quotidie, et imponere notam, qua comprehendit alvum; que postero die videre, an corpus sit plenius, (an) extenuetur: enim id, quod extenuatur, sentit medicinam. Neque est alienum, metiri et potionem, et urinam ejus; nam si plus humoris excernitur, quam assumitur, ita demum est spes secundæ valetudinis. Asclepiades prodidit memoriæ se usum esse abstinentia bidui, et frictione in eo qui deciderat ex quartana in hydropa; tertio die, et febre et aqua jam liberato, dedisse cibum et vinum.

Hactenus potest præcipi communiter de omni specie: si malum est vehementius, ratio curandi est diducenda. Ergo si est inflatio, et creber dolor ex ea, quotidianus vomitus est utilis, aut quoque altero die, post cibum: est utendum siccis que calidis fomentis. Si dolor non finitur per hæc, cucurbitulæ sine ferro sunt necessariæ: si nequi-

TRANSLATION.

mentioned, I do not designate such as grow here, but those which are imported among the aromatics. But the mildest of these must be tried first, that is, the rose leaves or spikenard. Also austere wine is useful; but much diluted. It is also interesting to measure the abdomen daily with a thread, and to mark the extent of its circumference; and on the following day to observe whether the body be fuller, or extenuated: for that which is diminished yields to the treatment. Neither is it a bad practice to measure both his drink and urine: for if more fluid be excreted than is taken, then there is a favourable prospect of his recovery. Asclepiades himself has recorded that he prescribed abstinence for two days, and friction, to a patient who had become dropsical subsequent to a quartan ague: on the third day finding him liberated from both the fever and the water, he allowed him food and wine.

Thus far it may be applicable generally to every species of the disease: but if it be far advanced, thence we must deduce our mode of treatment. Therefore if there be inflation accompanied with frequent pain, a vomit daily, or at least every alternate day after food, will be found useful: dry, and hot fomentations must be applied at the same time. If the pain be not removed by these means, the cupping-

quidem tormentum tollitur, incidenda cutis est, et tum his utendum. Ultimum auxilium est, si cucurbitulæ nihil profuerunt, per alvum infundere copiosam aquam calidam, eamque recipere. Quin etiam quotidie ter quaterve opus est uti frictione vehementi, cum oleo et quibusdam calefacientibus: sed in hac frictione a ventre abstinendum est. Imponendum vero in eum crebrius sinapi, donec cutem erodat: ferramentisque candentibus pluribus locis venter exulcerandus est, et servanda ulcera diutius. Utiliter etiam scilla cocta delingitur. Sed diu post has inflationes abstinendum est ab omnibus inflantibus.

At si id vitium est, cui λευκοφλεγματία nomen est, eas partes, quæ tument, subjicere soli oportet; sed non nimium, ne febriculam incendat: si is vehementior est, caput velandum est: utendumque frictione, madefactis tantum manibus aqua, cui sal et nitrum et olei paulum sit adjectum; sic, ut aut pueriles aut muliebres manus adhibeantur, quo mollior earum tactus sit: idque si vires patiuntur, ante meridiem, tota hora, post meridiem, semihora fieri opor-

ORDO.

dem tormentum tollitur per has, cutis est incidenda, et tum utendum his. Ultimum auxilium est, si cucurbitulæ profuerunt nihil, infundere copiosam calidam aquam per alvum, que recipere eam. Quin etiam est opus uti vehementi frictione ter ve quater quotidie, cum oleo et quibusdam calefacientibus: sed in hac frictione est abstinendum a ventre. Vero sinapi (est) imponendum in eum crebrius, donec erodat cutem: que venter est exulcerandus pluribus locis candentibus ferramentis, et ulcera servanda diutius. Etiam cocta scilla delingitur utiliter. Sed diu post has inflationes, est abstinendum ab omnibus inflantibus.

At si est id vitium, cui est nomen λευκοφλεγματία (leucophlegmatia) oportet subjicere eas partes, quæ tument, soli; sed non nimium, ne incendat febriculam: si is est vehementior, caput est velandum: que utendum frictione, manibus madefactis tantum aqua, cui sal et nitrum, et paulum olei sit adjectum; sic ut aut pueriles aut muliebres manus adhibeantur, quo tactus earum sit mollior: que oportet fieri id, si vires patiuntur, tota hora ante meridiem, semihora

TRANSLATION.

glasses, without the scarificator are necessary: if the torment cease not even then by these means, the cutis must be incised, and then the cups applied again. If the cupping instruments have availed nothing, our ultimate remedy is to inject plenty of warm water into the bowels, and to permit it to pass off again. But it is also necessary to apply forcible friction three or four times a day with oil and some of the calefacients: but in this disease, friction must not be applied over the abdomen. Mustard must be laid on it frequently until it corrode the skin; and the abdomen is to be ulcerated in several places with hot irons, and these to be kept open for some time. Also boiled squills may be advantageously taken in the form of an electuary. It will be requisite to abstain from all flatulent food for some time after the disease has subsided.

But if the disease be what is called leucophlegmatia, we should submit those parts which are tumefied to the sun, but not too much, lest that may excite a slight fever: if the sun be very violent, the head must be covered, and friction applied, the hands being only moistened with water, to which salt, nitre, and a little oil have been added; and for that purpose the hands of children or females may be applied, inasmuch as theirs is the softer touch: and if the strength permit that, it may be continued for a whole hour, before mid-day; and half an hour in the after-

tet. Utilia etiam sunt cataplasmata, quæ reprimunt; maximeque si corpora teneriora sunt. Incidendum quoque est super talum, quatuor fere digitis, ex parte interiore, qua per aliquot dies frequens humor feratur; atque ipsos tumores incidere altis plagis oportet: concutiendumque multa gestatione corpus est: atque, ubi inductæ vulneribus cicatrices sunt, addiciendum et exercitationibus est et cibis, donec corpus ad pristinum habitum revertatur. Cibus valens esse debet, et glutinosus, maximeque caro: vinum, si propter stomachum licet, dulcius; sed ita, ut invicem biduo triduove, modo aqua, modo id bibatur. Prodest etiam lactucæ marinæ, quæ grandis juxta mare nascitur, semen, cum aqua potui datum. Si valens est, qui id accipit, et scilla cocta, sicut supra dixi, delingitur. Auctoresque multi sunt, inflatis vesicis pulsandos tumores esse.

Si vero id morbi genus est, quo in uterum multa aqua contrahitur, ambulare, sed magis modice oportet; malagma, quod digerat, impositum habere; idque ipsum superimposito triplici panno, fascia, non nimium tamen vehe-

ORDO.

post meridiem. Etiam cataplasmata quæ reprimunt sunt utilia; que maxime si corpora sunt teneriora. Quoque est incidendum super talum, fere quatuor digitis ex interiore parte, qua frequens humor feratur per aliquot dies; atque oportet incidere tumores ipsos altis plagis: que corpus est concutiendum multa gestatione: atque, ubi cicatrices sunt inductæ vulneribus, (est) addiciendum et exercitationibus et cibis, donec corpus revertatur ad pristinum habitum. Cibus debet esse valens, et glutinosus, que maxime caro: vinum (esse) dulcius, si licet per stomachum; sed ita, ut invicem modo aqua, modo id bibatur biduo ve triduo. Etiam semen marinæ lactucæ, quæ nascitur grandis juxta mare, prodest datum cum aqua potui. Si est valens qui accipit id, et delingitur cocta scilla, ut dixi supra. Que sunt multi auctores, tumores esse pulsandos inflatis vesicis.

Vero si est id genus morbi, quo aqua contrahitur in uterum, oportet ambulare, sed magis modice; habere malagma, quod impositum, digerat; que triplici panno superimposito, fascia, tamen non nimium vehementer; adstringere id ipsum; quod pro-

TRANSLATION.

noon. Restringent cataplasms also are useful, and especially in delicate constitutions. An incision must be made on the inside of the leg, about four fingers breadth above the ancle, from which abundant moisture may be discharged for some days: it is also proper to make deep incisions in the tumours themselves: and the body must be shaken by much gestation: and when the wounds have acquired cicatrices, the food and exercises must be augmented, until the body return to its former habit. The food ought to be strong and glutinous, and chiefly flesh: his wine should be rather sweet, if tolerated by the stomach: but in this manner, that alternately for two or three days he may drink water, and then wine. The seed of the marine lettuce (spurge) which grows large near the sea, may be advantageously given with water for drink. If the patient be vigorous who receives it, also boiled squills may be administered as an electuary, as I have said above. There are many authors, who direct the tumours to be beaten with inflated bladders.

But if the disease be of that kind in which water is collected in the abdomen, (*ascites*,) it behoves the patient to walk, but more moderately; to have a discutient poultice laid on; and to bind a triple cloth over it with a roller, but not too tight;

menter, adstringere: quod a Tharria profectum, servatum esse a pluribus video. Si jecur, aut splenem affectum esse, manifestum est, ficum pinguem contusam, adjecto melle, superponere. Se per talia auxilia venter non siccatur, sed humor nihilominus abundat, celeriori via succurrere, ut is per ventrem ipsum emittatur. Neque ignoro, Erasistrato displicuisse hanc curandi viam: morbum enim hunc jocinoris putavit: ita illud esse sanandum; frustraque aquam emitti, quæ, vitiato illo, subinde nascatur. Sed primum, non hujus visceris unius hoc vitium est: nam et liene affecto, et in totius corporis malo habitu fit. Deinde, ut inde cœperit, tamen aqua nisi emittitur, quæ contra naturam ibi substitit, et jocinori, et ceteris interioribus partibus nocet. Convenitque, corpus nihilo minus esse curandum. Neque enim sanat emissus humor, sed medicinæ locum facit, quam intus inclusus impedit. Ac ne illud quidem in controversiam venit, quin non omnes in hoc morbo sic curari possint; sed juvenes robusti, qui vel ex toto carent febre, vel certe satis liberales intermissiones habent. Nam quorum sto-

ORDO.

fectum a Tharria, video esse servatum a pluribus. Si est manifestum jecur aut splenem esse affectum, superponere contusam pinguem ficum, melle adjecto. Si venter non siccatur per talia auxilia, sed nihilominus humor abundat, succurrere celeriori via, ut is emittatur per ventrem ipsum. Neque ignoro, hanc viam curandi displicuisse Erasistrato: enim putavit hunc (esse) morbum jocinoris: ita illud esse sanandum; que aquam emitti frustra, quæ, illo vitiato, nascatur subinde. Sed primum, hoc vitium non est hujus unius visceris: nam fit in malo habitu et affecto liene, et totius corporis. Deinde, ut cœperit inde, tamen nisi aqua quæ subsistit ibi contra naturam, emittitur, nocet et jocinoro, et ceteris interioribus partibus. Que nihil ominus convenit, corpus esse curandum. Enim neque humor emissus, sanat, sed facit locum medicinæ, quam impedit, inclusus intus. Ac ne quidem illud venit in controversiam, quin omnes non possint sic in hoc morbo; sed robusti juvenes, qui vel carent febre ex toto, vel certe habent satis liberales intermissiones. Nam stomachus quorum est cor-

TRANSLATION.

which having been introduced by Tharrias, I see is still observed by many. If there be any evident affection of the liver or spleen, a mellow fig bruised with honey to be laid over it. If the abdomen be not emptied by these means, and the fluid still abound, we must employ a more summary process, that it may be discharged by the abdomen itself. I am aware that this mode of treatment did not receive the approbation of Erasistratus; for he considered this to be a disease of the liver: therefore this viscus being cured, the water will be discharged to no purpose, the same organ being diseased, the water will be reproduced from time to time. But, in the first place, this is not a disease of the liver alone; for it arises both in affections of the spleen, and in a cachectic habit of the whole body. In the next place, although it might have begun thence, yet unless the water be discharged which exists there contrary to nature, it injures both the liver and the other interior parts: and it is admitted even in that case, that the body should be treated generally. For the discharge of the fluid does not cure the disease, but it affords an opportunity for medical treatment, which that impedes while inclosed within. Neither does this admit of contradiction, that all persons in this disease cannot be treated in this way; but robust youth who are entirely free from fever, or at least have ample intermissions. For those whose stomachs are vitiated, or

machus corruptus est, quive ex atra bile huc deciderunt, quive malum corporis habitum habent, idonei huic curationi non sunt.

Cibus autem, quo die primum humor emissus est, supervacuus est, nisi si vires desunt: insequentibus diebus, et is, et vinum meracius quidem, sed non ita multum dari debet, paulatimque evocandus æger est ad exercitationes, frictiones, solem, sudationes, fatigationes, et idoneos cibos, donec ex toto convalescat. Balneum rarum res amat; frequentiorem in jejuno vomitum. Si æstas est, in mari natare commodum est. Ubi convaluit aliquis, diu tamen alienus ei veneris usus est.

ORDO.

ruptus, ve qui deciderunt huc ex atra bile, ve qui habent malum habitum corporis, non sunt idonei huic curationi.

Autem cibus, primum die quo humor est emissus, est supervacuus nisi si vires desunt: insequentibus diebus, et is, et quidem meracius vinum, sed non ita multum debet dari, que æger est evocandus paulatim ad exercitationes, frictiones, solem, sudationes, fatigationes, et idoneos cibos, donec convalescat ex toto. Res amat rarum balneum; frequentiorem vomitum in jejuno. Si est æstas, est commodum natare in mari. Ubi aliquis convaluit, tamen usus veneris diu est alienus ei.

TRANSLATION.

who have fallen into dropsy from atrabilis, or a cachectic habit of body, are not proper subjects for this mode of treatment.

Now food is improper on the first day that the fluid is discharged, unless the strength be deficient: on the following days, both food and indeed very pure wine ought to be given, but in moderation, and the patient must be gradually accustomed to exercises, frictions, the solar heat, perspiration, fatigue, and appropriate food, until he become entirely well. This disease seldom requires a bath, but more frequently vomiting on an empty stomach. Sea-bathing is advantageous in summer. But even after a person has become convalescent, the pleasure of venery is improper for him.

CAP. XXII.

DE TABE, ET EJUS SPECIEBUS.

Diutius sæpe et periculosius tabes eos male habet, quos invasit. Atque hujus quoque plures species sunt. Una

ORDO.

CAP. XXII.

DE TABE, ET SPECIEBUS EJUS.

Tabes sæpe habet eos quos invasit, diutius et periculosius male. Atque quoque sunt plures species hujus. Una est, qua cor-

TRANSLATION.

CHAP. XXII.

OF CONSUMPTION AND ITS SPECIES.

Consumption is often a lingering and a dangerous disease to those whom it attacks: and there are several species of this also. One is, in which the body is un-

est, qua corpus non alitur, et naturaliter semper aliquibus decedentibus, nullis vero in eorum locum subeuntibus, summa macies oritur; et, nisi occurritur, tollit. Ἀτροφίαν hanc Græci vocant. Ea duabus fere de causis incidere consuevit. Aut enim nimio timore aliquis minus, aut aviditate nimia plus, quam debet, assumit: ita vel, quod deest, infirmat, vel, quod superat, corrumpitur.

Altera species est, quam Græci καχεξίαν appellant: ubi malus corporis habitus est; ideoque omnia alimenta corrumpuntur. Quod fere fit, cum longo morbo vitiata corpora, etiamsi illo vacant, refectionem tamen non accipiunt; aut cum malis medicamentis corpus affectum est; aut cum diu necessaria defuerunt; aut cum inusitatos et inutiles cibos aliquis assumpsit, aliquidve simile incidit. Huic, præter tabem, illud quoque nonnumquam accidere solet, ut per assiduas pustulas, aut ulcera, summa cutis exasperetur, vel aliquæ corporis partes intumescant.

Tertia est, longeque periculosissima species, quam Græci φθίσιν nominarunt. Oritur fere a capite; inde in

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pus non alitur, et aliquibus semper decedentibus naturaliter, vero nullis subeuntibus in locum eorum, summa macies oritur, et, nisi occurritur, tollit. Græci vocant hanc Ἀτροφίαν, (atrophia). Ea consuevit incidere fere de duabus causis. Enim aliquis aut assumit minus quam debet, nimio timore, aut plus nimia aviditate: ita, vel, quod deest, infirmat; vel quod superat, corrumpitur.

Est altera species, quam Græci appellant καχεξίαν (cachexia); ubi est malus habitus corporis; que ideo omnia alimenta corrumpuntur. Quod fit fere, cum corpora vitiata longo morbo, etiamsi vacant illo, tamen non accipiunt refectionem; aut cum corpus est affectum malis medicamentis; aut cum necessaria defuerunt diu; aut cum aliquis assumpsit inusitatos et inutiles cibos, ve aliquid simile incidit. Præter tabem, illud solet accidere nonnunquam huic, ut summa cutis exasperetur per assiduas pustulas, aut ulcera, vel aliquæ partes corporis intumescant.

Tertia, que longe periculosissima species est, quam Græci nominarunt φθίσιν (phthisis). Oritur fere a capite; inde destillat

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nourished, and as some portions are constantly departing naturally, and nothing being supplied in their place to support the constitutional decay, extreme emaciation takes place; and unless opposed, speedily carries off its victim. The Greeks call this atrophia. It generally results from one or other of two causes. For a person through excessive fear takes less, another from too great avidity takes more than he ought to do; therefore, either the deficiency debilitates; or the superfluity is corrupted.

There is another kind which the Greeks call cachexia, where there is a depraved habit of body; and on that account all the aliments are corrupted. This generally happens, when the body becomes vitiated by a protracted disease, even if liberated from it, yet receives no nutrition; or when the body has been affected by maltreatment; or when the necessaries of life have been deficient a long time; or when unusual or pernicious food has been taken, or from some similar cause. In this last case, besides consumption, it is not unusual for the surface of the skin to be exasperated by continual pustules, or ulcers, or some parts of the body become tumefied.

The third, and by far the most dangerous species of it is, that which the Greeks have named phthisis. It arises for the most part from the head; thence it drops

pulmonem destillat; huic exulceratio accedit; ex hac febricula levis fit, quæ etiam, cum quievit, tamen repetit; frequens tussis est; pus exscreatur; interdum cruentum aliquid. Quidquid exscreatum est, si in ignem impositum est, mali odoris est: itaque, qui de morbo dubitant, hac nota utuntur.

Cum hæc genera tabis sint, animadvertere primum oportet, quid sit, quo laboretur. Deinde, si tantummodo non ali corpus apparet, causam ejus attendere; et si cibi minus aliquis, quam debet, assumpsit, adjicere, sed paulatim; ne si corpus insuetum subita multitudine oneraverit, concoctionem impediat. Si vero plus justo quis assumere solitus est, abstinere uno die; deinde ab exiguo cibo incipere; quotidie adjicere, donec ad justum modum perveniat. Præter hæc convenit ambulare locis quam minime frigidis, sole vitato; per manus quoque exerceri: si infirmior est, gestari, ungi, perfricari, si potest, maxime per seipsum, sæpius eodem die, et ante cibum, et post eum, sic, ut interdum oleo quædam adjiciantur calefacientia, donec insudet.

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in pulmonem; ulceratio accedit huic; ex hac levis febricula fit, quæ etiam, cum quievit, repetit; tussis est frequens; pus exscreatur; aliquid cruentum interdum. Quidquid est exscreatum, si est impositum in ignem, est mali odoris: itaque, qui dubitant de morbo, utuntur hac nota.

Cum hæc sint genera tabis, oportet animadvertere primum, quid sit, in quo laboretur. Deinde, si corpus tantummodo apparet non ali, attendere causam ejus; et si aliquis assumpsit minus cibi, quam debet, adjicere, sed paulatim; ne si oneravit insuetum corpus subita multitudine, impediat concoctionem. Si vero quis est solitus assumere plus justo, (debet) abstinere uno die; deinde incipere ab exiguo cibo; adjicere quotidie, donec perveniat ad justum modum. Præter hæc, convenit ambulare quam minime (in) frigidis locis, sole vitato; quoque exerceri per manus: si est infirmior (debet) gestari, ungi, perfricari, si potest, maxime per seipsum, sæpius eodem die, et ante cibum, et post eum, sic ut interdum quædam calefacientia adjiciantur oleo, donec insudet.

TRANSLATION.

down into the lungs; ulceration accedes to this; from this a slight fever supervenes, which although it subsides, yet returns again; there is frequent cough; pus is expectorated, sometimes mixed with blood. The matter expectorated, if thrown on the fire emits a disagreeable odour. Therefore those who have any doubt concerning the disease, employ this experiment.

As these are the several species of consumption, it will be necessary to discriminate first, under what species the patient is suffering. Then if it appear that the body receives no nourishment from food, the cause must be attended to; and if the patient have taken less food than he ought, he should augment it gradually; lest he suddenly over charge the unaccustomed stomach, and impede digestion. But if any person be in the habit of taking more food than what was sufficient, he should fast for one day; afterwards, to begin with a little food, and that to be augmented every day until he arrive at the full quantity. Besides these means, he ought to walk in such places as are least exposed to cold, avoiding the solar heat; also to be exercised by manual labour; if he be very infirm, to be carried, anointed, and rubbed if possible with his own hands frequently, during the same day, both before and after food, occasionally adding some of the calefacients to the oil until he perspire.

Prodestque jejuno prehendere per multas partes cutem, et attrahere, ut relaxetur; aut, imposita resina et abducta, subinde idem facere. Utile est etiam interdum balneum, sed post cibum exiguum. Atque in ipso solio recte cibi aliquid assumitur; aut, si sine hoc frictio fuit, post eam protinus. Cibi vero esse debent ex iis, qui facile concoquuntur, qui maxime alunt. Ergo vini quoque, sed austeri, necessarius usus est. Movenda urina.

At si malus corporis habitus est, primum abstinendum est; deinde alvus ducenda; tum paulatim cibi dandi, adjectis exercitationibus, unctionibus, frictionibus. Utilius his frequens balneum est, sed jejunis; etiam usque sudorem. Cibis vero opus est copiosis, variis, boni succi, quique etiam minus facile corrumpantur, vino austero. Si nihil reliqua proficiunt, sanguis mittendus est; sed paulatim, quotidieque pluribus diebus, cum eo, ut cetera quoque eodem modo serventur.

Quod si mali plus est, et vera phthisis est, inter initia protinus occurrere necessarium est: neque enim facile is morbus, cum inveteraverit, evincitur. Opus est, si vires patiuntur, longa na-

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Que prodest prehendere cutem per multas partes jejuno, et attrahere, ut relaxetur; aut, resina imposita et abducta, facere idem subinde. Balneum interdum etiam est utile, sed post exiguum cibum. Atque aliquid cibi assumitur recte in solio ipso; aut, si fuit frictio sine hoc, protinus post eam. Vero cibi debent esse ex iis, qui concoquuntur facile, (et) qui alunt maxime. Ergo usus vini est quoque necessarius, sed austeri. Urina movenda

At si est malus habitus corporis, est primum abstinendum; deinde alvus ducenda; tum cibi dandi paulatim, exercitationibus, unctionibus, frictionibus adjectis. Sed, frequens balneum est utilius his jejunis; etiam usque sudorem. Vero est opus copiosis, variis cibis, boni succi, que qui etiam corrumpantur minus facile, austero vino. Si reliqua proficiunt nihil, sanguis est mittendus; sed paulatim, que plurimis diebus, quotidie cum eo, ut cetera quoque serventur eodem modo.

Quod si est plus mali, et est vera phthisis, est necessarium occurrere (ea) protinus inter initia: enim neque is morbus evincitur facile, cum inveteraverit. Est opus, si vires patiuntur,

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It is advantageous also to seize the skin in various places, and to extend it, that it may be relaxed; or to effect the same by frequently affixing a piece of resin on the skin and withdrawing it. Sometimes the bath is useful after a spare meal: and sometimes food may be taken with propriety even in the solium itself, or immediately after friction, if the bath have not been used. Now the food ought to be that which is easily digested, and most nutritive. Therefore the use of austere wine is also necessary: the urine must be promoted.

But if there be a depraved habit of body, abstinence must be observed: then an enema exhibited; afterwards food should be given gradually, adding exercise, unction, and friction. Frequent bathing is very useful to those patients, when fasting, even until they perspire. The food must be abundant, varied, and of a good juice, such as may not easily become putrid, and austere wine. If other remedies avail nothing, blood must be let; but gradually, and daily for some time, with this proviso, that the other means be also observed in the same manner.

But if the disease be more severe, and a true phthisis established, it is necessary to oppose it from the very commencement: for that disease is not easily overcome, when it becomes inveterate. If the strength permit, there is a necessity of long

vigatione, cœli mutatione, sic ut densius quam id est, ex quo discedit æger, petatur: ideoque aptissime Alexandriam ex Italia itur. Fereque id posse inter principia corpus pati debet, cum hic morbus ætate firmissima maxime oriatur, id est ab anno duodevicesimo ad annum quintum et tricesimum. Si id imbecillitas non sinit, nave tamen non longe gestari commodissimum est: si navigationem aliqua res prohibet, lectica, vel alio modo corpus movendum est.

Tum a negotiis abstinendum est, omnibusque rebus, quæ solicitare animum possunt; somno indulgendum; cavendæ destillationes, ne, si quid cura levarit, exasperent; et ob id vitanda cruditas, simulque et sol, et frigus; os obtegendum, fauces velandæ, tussicula suis remediis finienda: et, quamdiu quidem febricula incursat, huic interdum abstinentia, interdum etiam tempestivis cibis medendum; eoque tempore bibenda aqua. Lac quoque, quod in capitis doloribus, et in acutis febribus, et per eas facta nimia siti, ac, sive præcordia tument, sive biliosa urina est, sive sanguis fluxit, pro veneno est; in

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longa navigatione, mutatione cœli, sic ut æger petatur densius (cœlum) quam id est, ex quo discedit: que ideo itur ex Italia Alexandriam (est) aptissime. Que corpus debet posse pati id fere inter principia; cum hic morbus oriatur maxime (in) firmissima ætate, id est ab duodevicesimo anno, ad quintum et tricesimum annum. Si imbecillitas non sinit id, est commodissimum gestari nave, tamen non longe: si aliqua res prohibet navigationem, corpus est movendum lectica, vel alio modo.

Tum est abstinendum a negotiis, que omnibus rebus quæ possunt sollicitare animum; indulgendum somno; cavendæ destillationes, ne, si cura levarit quid, exasperent; et ob id cruditas (est) vitanda, que simul et sol, et frigus; os (est) obtegendum, fauces velandæ, tussicula finienda suis remediis: et, quidem quamdiu febricula incursat, (est) medendum huic interdum abstinentia, interdum etiam tempestivis cibis; que aqua (est) bibenda eo tempore. Lac quoque est pro veneno, quod in doloribus capitis, et in acutis febribus, et per eas facta nimia siti, ac, sive præcordia tument, sive urina est biliosa, sive sanguis fluxit; tamen potest dari

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voyages, with change of climate, so that he may search for a more dense atmosphere, than the one he departs from; and for this reason invalids migrate from Italy to Alexandria advantageously. The body ought to be able to support this in the commencement of the disease, as it generally arises at the most vigorous period of life, that is, from the eighteenth to the thirty-fifth year. If the constitutional debility cannot support that, short trips on board of a ship will be most advantageous: if there be any objection to sailing, the body must be moved from place to place in a palanquin, or in some other manner.

At that time all business and mental solicitude must give place to tranquillity of mind; he must indulge in sleep; catarrhs must be guarded against, lest they exasperate that, which care and treatment may have mitigated; and for that reason indigestion must be avoided, and at the same time both the heat of the sun and cold; the face is to be covered, the throat wrapped up, and the tickling cough to be removed by appropriate remedies: and indeed as long as the fever continues to attack, it must be treated sometimes by abstinence, sometimes by seasonable food; and at that time water is to be drunk. Milk also, which is as bad as poison in pains of the head, and in acute fevers, and in excessive thirst occasioned by these, if the præcordia be swollen, or the urine bilious, or hæmorrhage; yet it

phthisi tamen, sicut in omnibus longis difficilibusque febriculis, recte dari potest.

Quod si febris aut nondum incursat, aut jam remisit, decurrendum est ad modicas exercitationes, maximeque ambulationes; item lenes frictiones. Balneum alienum est. Cibus esse debet primo acer, ut allium, porrum, idque ipsum ex aceto, vel ex eodem intubus, ocimum, lactuca: deinde lenis, ut sorbitio ex ptisana, vel ex alica, vel ex amylo, lacte adjecto. Idem oryza quoque, et, si nihil aliud est, far præstat. Tum invicem modo his cibis, modo illis utendum est; adjiciendaque quædam ex media materia, præcipueque vel ex prima cerebellum, vel pisciculus, et his similia. Farina etiam cum sevo ovillo caprinove mista, deinda incocta, pro medicamento est. Vinum assumi debet leve, austerum.

Hactenus non magna mole pugnatur: si vehementior noxa est, ac neque febricula, neque tussis quiescit, tenuarique corpus apparet, validioribus auxiliis opus est. Exulcerandum est ferro candenti, uno loco sub mento, altero in gutture, duobus ad mammam utramque; item sub imis ossibus scapularum, quas

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recte, in phthisi, sicut in omnibus longis que difficilibus febriculis.

Quod si febris aut nondum incursat, aut jam remisit, est decurrendum ad modicas exercitationes, que maxime ambulationes; item lenes frictiones. Balneum est alienum. Cibus debet esse primo acer, ut allium, porrum, ocimum, lactuca, que id ipsum ex aceto, vel intubus ex eodem: deinde (esse) lenis, ut sorbitio ex ptisana, vel ex alica, vel ex amylo, lacte adjecto. Quoque oryza, et si est nihil aliud, far præstat idem. Tum est utendum modo his cibis, modo illis, invicem; que adjiciendum quædam ex media materia, que præcipue vel cerebellum ex prima, vel pisciculus, et similia his. Etiam farina mista cum ovillo ve caprino sevo, deinde incocta, est pro medicamento. Leve austerum vinum debet assumi.

Hactenus (morbus) pugnatur non magna mole: si noxa est vehementior, ac neque febricula quiescit, neque tussis, que corpus apparet tenuari, est opus validioribus auxiliis. Est exulcerandum candenti ferro, uno loco sub mento, altero in gutture, duobus ad utramque mammam; item sub imis ossibus scapularum,

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may be given beneficially in phthisis, as well as in all chronic and obstinate fevers.

But if the fever have not commenced, or have already remitted, we must have recourse to moderate exercises, especially walking, and also gentle friction. A bath is improper. The food ought to be acrid at first, such as garlic, leek, and that itself with vinegar, or endive with the same, basil, lettuce; afterwards the food should be mild, such as gruel made of ptisan, or alica, or of starch with the addition of milk. Rice also, and if there be nothing else, far answers the same purpose. Then these may be used alternately; adding something of the middle class, especially the brains of those animals in the first class, or small fish, and the like. Flour also mixed with mutton or goat suet and then boiled, is medicinal. Light austere wine ought to be taken.

Thus far the disease is combated without much difficulty: but if the malady be more vehement, accompanied with fever and cough, and the body appear emaciated, there is a necessity for more powerful remedies. Ulcerations are to be effected with a burning iron in one place under the chin, another on the throat, two on each breast; also under the lower margin of the scapulæ, which the Greeks

ὠμοπλάτας Græci vocant, sic, ne sanescere ulcera sinamus, nisi tussi finita: cui per se quoque medendum esse, manifestum est. Tunc ter quaterve die vehementer extremæ partes perfricandæ, thorax levi manu pertractandus, post cibum intermittenda hora, et perfricanda crura, brachiaque: interpositis decem diebus, demittendus est æger in solium, in quo sit aqua calida et oleum: ceteris diebus bibenda aqua; tum vinum, si tussis non est, potui frigidum dandum; si est, egelidum. Utile est etiam in remissionibus quotidie cibos dari: frictiones gestationesque similiter adhiberi: eadem acria quarto, aut quinto die sumere: interdum herbam sanguinalem ex aceto, vel plantaginem esse. Medicamentum est etiam vel plantaginis succus per se, vel marrubii cum melle incoctus; ita ut illius cyathus sorbeatur, hujus cochleare plenum paulatim delingatur; vel inter se mista, et incocta resinæ terebinthinæ pars dimidia, butyri et mellis pars altera. Præcipua tamen ex his omnibus sunt victus, vehiculum, et navis, et sorbitio. Alvus cita utique vitanda est. Vomitus in hoc morbo frequens, perniciosus est, maximeque sanguinis. Qui melior esse cœpit, adjicere debet exer-

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quas Græci vocant ὠμοπλάτας (omoplatas), sic, ne sinamus ulcera sanescere, nisi tussi finita: cui est quoque manifestum, esse medendum per se. Tunc extremæ partes (sunt) perfricandæ ter ve quater die, thorax (est) pertractandus levi manu, post cibum hora (est) intermittenda, et crura, que brachia sunt perfricanda: decem diebus interpositis, æger est demittendus in solium, in quo sit oleum et aqua calida: bibenda aqua ceteris diebus; tum si non est tussis, frigidum vinum dandum potui; si est (tussis) egelidum. Est etiam utile in remissionibus cibos dari quotidie: frictiones que gestationes adhiberi similiter: assumere eadem acria quarto, aut quinto die: interdum esse sanguinalem, vel plantaginem herbam ex aceto. Etiam succus vel plantaginis per se, vel marrubi incoctus cum melle est medicamentum; ita ut cyathus illius sorbeatur, plenum cochleare hujus delingatur paulatim; vel dimidia pars resinæ terebinthinæ, altera pars butyri et mellis mista inter se, et incocta. Tamen præcipua ex omnibus his sunt victus, vehiculum, et navis, et sorbitio. Cita alvus est vitanda utique. Frequens vomitus, que maxime sanguinis, in hoc morbo est perniciosus. Qui cœpit esse melior, debet adjicere

TRANSLATION.

call omoplatæ, which ulcers must not be permitted to heal, unless the cough have ceased, which manifestly requires a mode of treatment peculiar to itself. Then the extremities are to be rubbed violently three or four times a day, the chest is to be rubbed with a light hand; an hour after food, the legs and arms are to be rubbed: ten days having intervened, the patient is to be put into the solium, prepared with warm water and oil: on the other days water is to be drunk, and if there be no cough, cold wine may be given him to drink, if there be cough, tepid. It is also proper to give food daily in the remissions; to apply friction and gestation in the same manner; to take the above-mentioned acrid things every fourth day: sometimes to eat the herb blood-wort or plantain with vinegar. The juice of plantain either by itself or of horehound boiled up with honey is medicinal; so that a glassful of the first may be sipped, and a table spoonful of the latter may be taken gradually as an electuary; or one half part turpentine resin, another of butter and honey mixed and boiled together. But the principal of all these are diet, carriage exercise, sailing, and gruel. A diarrhœa is particularly to be avoided. Frequent vomiting in this disease is dangerous, and especially of blood. When a patient begins to grow a little better, he ought to increase his exercises,

citationes, frictiones, cibos: deinde ipse se, suppresso spiritu, perfricare: diu abstinere a vino, balneo, venere.

ORDO.

exercitationes, frictiones, cibos: deinde ipse perfricare se, spiritu suppresso: abstinere diu a vino, balneo, venere.

TRANSLATION.

frictions, and food: afterwards to rub himself, meantime retaining his breath; to abstain a long time from wine, the bath, and venery.

CAP. XXIII.

DE COMITIALI MORBO.

INTER notissimos morbos est etiam is, qui comitialis, vel major nominatur. Homo subito concidit; ex ore spumæ moventur; deinde interposito tempore ad se redit, et per se ipse consurgit. Id genus sæpius viros, quam fœminas occupat. Ac solet quidem etiam longum esse, usque mortis diem, et vitæ non periculosum; interdum tamen cum recens est, hominem consumit: et sæpe eum, si remedia non sustulerunt, in pueris veneris, in puellis menstruorum initium tollit. Modo cum distentione nervorum prolabitur aliquis, modo sine illa.

Quidam hos quoque iisdem, quibus lethargicos, excitare conantur: quod

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CAP. XXIII.

DE COMITIALI MORBO.

ETIAM is, qui nominatur comitialis, vel major (morbus), est inter notissimos morbos. Homo concidit subito; spumæ moventur ex ore; deinde tempore interposito, redit ad se, et ipse consurgit per se. Id genus occupat viros sæpius, quam fœminas. Ac quidem solet esse longum, etiam usque diem mortis, et non (est) periculosum vitæ; tamen interdum cum est recens, consumit hominem: et sæpe, si remedia non sustulerunt eum, initium veneris tollit (eum) in pueris, (initium) menstruorum (tollit eum) in puellis. Modo aliquis prolabitur cum distentione nervorum, modo sine illa.

Quidam quoque conantur excitare hos iisdem, quibus (co-

TRANSLATION.

CHAP. XXIII.

OF EPILEPSY.

AMONG the most noted diseases is that which is named comitial (10) or the greater. The man falls suddenly; and he foams at the mouth; after some time he returns to himself, and rises by his own efforts. This malady more frequently attacks men than women; and indeed it is usual for it to become rebellious, and continue for life, without endangering existence; yet sometimes it destroys the patient when it is recent: and very often the first sexual intercourse of boys, or the catamenia in girls removes the disease, unless previously cured by medicine. Sometimes a person falls down with convulsions of the limbs, sometimes without.

Some endeavour to arouse these patients by the same remedies which is applied

admodum supervacuum est; et quia ne lethargicus quidem his sanatur; et quia, cum possit ille numquam expergisci, atque ita fame interire, hic ad se utique revertitur.

Ubi concidit aliquis, si nulla nervorum distentio accessit, utique sanguis mitti debet: si accessit, non utique mittendus est, nisi alia quoque hortantur. Necessarium autem est, ducere alvum, vel nigro veratro purgare, vel utrumque facere, si vires patiuntur: tunc caput tondere, oleoque et aceto perungere: cibum post diem tertium, simul transiit hora, qua concidit, dare. Neque sorbitiones autem his, aliique molles, et faciles cibi, neque caro, minimeque suilla convenit; sed mediæ materiæ: nam et viribus opus est, et cruditates cavendæ sunt. Cum quibus fugere oportet solem, balneum, ignem, omniaque calefacientia; item frigus, vinum, venerem, loci præcipitis conspectum, omniumque terrentium, vomitum, lassitudinem, solicitudines, negotia omnia. Ubi tertio die cibus datus est, intermittere quartum, et invicem alterum quemque, eadem hora cibi servata, donec quatuordecim dies transeant. Quos ubi morbus excessit,

ORDO.

nantur excitare) lethargicos; quod est admodum supervacuum; et quia nequidem lethargicus sanatur his; et quia, cum ille numquam possit expergisci, atque ita interire fame, utique hic revertitur ad se.

Ubi aliquis concidit, si nulla distentio nervorum accessit, utique sanguis debet mitti: si accessit, utique non est mittendus, nisi alia quoque hortantur. Autem est necessarium, ducere alvum, vel purgare nigro veratro, vel facere utrumque, si vires patiuntur: tunc tondere caput, que perungere (caput) oleo et aceto: dare cibum post tertium diem, simul hora transiit, qua concidit. Autem neque sorbitiones, que alii molles, et faciles cibi, neque caro, que minime suilla convenit his; sed mediæ materiæ: nam est et opus viribus, et cruditates sunt cavendæ. Cum oportet quibus fugere solem, balneum, ignem, que omnia calefacientia; item frigus, vinum, venerem, conspectum præcipitis loci, que omnium terrentium, vomitum, lassitudinem, solicitudines, omnia negotia. Ubi cibus est datus tertio die, intermittere quartum, et quemque alterum invicem, eadem hora cibi servata, donec quatuordecim dies transeant. Quos ubi morbus

TRANSLATION.

to lethargic persons, which is very wrong; because even a lethargic person is never cured by these things, and indeed it is possible he may never awake, and so perish of hunger, whereas the epileptic is sure to return to himself.

When a person falls down, if the fit be not accompanied with convulsions, he ought to lose blood immediately: but if on the contrary, then blood must not be taken, unless other circumstances urge it. But it will be necessary to administer an enema, or to purge with black hellebore, or to do both, if the strength permits; then to have the hair cut close, and anoint his head with oil and vinegar; to give food on the third day, as soon as that hour shall have passed, on which he fell. Now gruels, and all bland, soft food, flesh, and particularly that of pork, are all improper for such patients; but a middle diet: for there is a necessity to keep up the strength, and at the same time indigestion must be avoided. With these he must avoid the sun, the bath, fire, and all calefacients; also cold, wine, venery, the sight of a precipice, and every object of terror, vomiting, lassitude, solicitude, and negociations of every kind. When food has been given on the third day, he should intermit on the fourth, and every other day alternately; observing the same hour for food, for the space of fourteen days. After which time, should the disease

acuti vim deposuit: ac, si manet, curandus jam ut longus est. Quod si, non quo die primum id incidit, medicus accessit, sed is, qui cadere consuevit, ei traditus est; protinus eo genere victus habito, qui supra comprehensus est, exspectandus est dies, quo prolabatur; utendumque tum vel sanguinis missione, vel ductione alvi, vel nigro veratro, sicut præceptum est: insequentibus deinde diebus, per eos cibos, quos proposui, vitatis omnibus, quæ cavenda dixi, nutriendus.

Si per hæc morbus finitus non fuerit, confugiendum erit ad album veratrum; ac ter quoque aut quater eo utendum, non ita multis interpositis diebus; sic tamen, ne iterum umquam sumat, nisi conciderit. Mediis autem diebus vires ejus erunt nutriendæ; quibusdam, præter ea, quæ supra scripta sunt, adjectis. Ubi mane experrectus est, corpus ejus leniter ex oleo vetere, cum capite excepto ventre, permulceatur: tum ambulatione quam maxime longa et recta utatur: post ambulationem loco tepido vehementer et diu, ac non minus ducenties, nisi infirmus erit, perfricetur: deinde per caput multa aqua frigida perfundatur; paulum

ORDO.

excessit, deposuit vim acuti: ac, si manet est jam curandus ut longus. Quod si, id non incidit die quo, medicus primum accessit, sed is, qui consuevit cadere, est traditus ei; protinus eo genere victus habito, qui est comprehensus supra, dies est exspectandus, quo prolabatur; que tum utendum vel missione sanguinis, vel ductione alvi, vel nigro veratro, sicut est præceptum: deinde nutriendus insequentibus diebus, per eos cibos, quos proposui, omnibus vitatis, quæ dixi cavenda.

Si morbus non fuerit finitus per hæc, erit confugiendum ad album veratrum; ac quoque utendum eo ter aut quater, non ita multis diebus interpositis; tamen sic, ne sumat umquam iterum, nisi conciderit. Autem vires ejus erunt nutriendæ mediis diebus; quibusdam adjectis, præter ea, quæ sunt scripta supra. Ubi est experrectus mane, corpus ejus permulceatur leniter ex vetere oleo, capite cum ventre excepto: tum utatur longa et recta ambulatione quam maxime: post ambulationem, perfricetur vehementer et diu tepido loco, ac non minus ducenties, nisi erit infirmus: deinde multa frigida aqua perfundatur per caput; assumat

TRANSLATION.

be protracted, it loses the acute form, and if it remain, it must be treated as chronic. Now if a physician be not called on the very day on which it first happened, but a patient comes under his care who has been accustomed to these falling fits; in the first place that regimen which has been described above must be observed, and to wait in anticipation of another attack; and then he must employ either venesection, injection, or black hellebore, as already prescribed: afterwards, on the subsequent days he is to be nourished by those aliments which I have mentioned before, and to avoid all those things which I have interdicted.

If the disease should not terminate by these means, it will be necessary to employ white hellebore; and that must be used three or four times, interposing a few days between the doses; but this is never to be taken again, unless the disease shall return. On the intermediate days his strength must be supported, by adding something, besides those, which have been mentioned above. When he has awoke in the morning, his body may be rubbed over with old oil, (the head and abdomen excepted): then let him walk as long and as straight as possible: after walking he should be forcibly rubbed in a warm place for a considerable time, and the number of movements must not be less than two hundred, unless he be very weak: afterwards cold water should be freely poured over the head; he may take a little

cibi assumat; conquiescat: rursus ante noctem ambulatione utatur: iterum vehementer perfricetur, sic ut neque venter, neque caput contingatur: post hæc cœnet; interpositisque tribus aut quatuor diebus, uno aut altero acria assumat.

Si ne per hæc quidem fuerit liberatus, caput radat; ungatur oleo vetere, adjecto aceto et nitro; perfundatur aqua salsa; bibat jejunus ex aqua castoreum; nulla aqua, nisi decocta, potionis causa utatur. Quidam jugulati gladiatoris calido sanguine epoto tali morbo se liberarunt: apud quos miserum auxilium tolerabile miserius malum fecit. Quod ad medicum pertinet, ultimum est, juxta talum, ex utroque crure paulum sanguinis mittere; occipitium incidere, et cucurbitulas admovere; ferro candenti in occipitio quoque et infra, qua summa vertebra cum capite committitur, adurere duobus locis, ut per ea perniciosus humor evadat. Quibus si finitum malum non fuerit, prope est, ut perpetuum sit. Ad levandum id, tantummodo utendum erit exercitatione multa, frictione, cibisque iis, qui supra comprehensi sunt: præcipueque vitanda omnia, quæ ne fierent, excepimus.

ORDO.

paulum cibi; conquiescat: utatur ambulatione rursus ante noctem: iterum perfricetur vehementer, sic ut neque venter, neque caput contingatur: post hæc cœnet; que tribus aut quatuor diebus interpositis, assumat acria uno aut altero.

Si ne quidem fuerit liberatus per hæc, radat caput; ungatur vetere oleo, aceto et nitro adjecto; salsa aqua perfundatur; jejunus bibat castoreum ex aquâ; utatur nulla aqua causa potionis, nisi decocta. Quidam liberarunt se tali morbo, epoto calido sanguine jugulati gladiatoris: apud quos, miserum auxilium fecit miserius malum tolerabile. Quod pertinet ad medicum, est ultimum, mittere paulum sanguinis ex utroque crure juxta talum; incidere occipitium, et admovere cucurbitulas; quoque adurere duobus locis candenti ferro, in occipitio et infra, qua summa vertebra committitur cum capite, ut perniciosus humor evadat per ea. Quibus si malum non fuerit finitum, est prope, ut sit perpetuum. Ad levandum id, tantummodo, erit utendum multa exercitatione, frictione, que iis cibis, qui sunt comprehensi supra: que præcipue vitanda omnia, quæ excepimus, ne fierent.

TRANSLATION.

food, and rest: he may walk again before night: the friction to be renewed vehemently, without touching the head or abdomen; these being done, he may sup; after three or four days, he may take acrid things, for a day or two.

If the patient be not freed even by these means, let his head be shaved: then anointed with old oil, adding vinegar and nitre; and salt water affused over it: when his stomach is empty, let him drink castor and water: to drink no water, unless it has been boiled. Some have liberated themselves from such a disease, by drinking the warm blood of a slain gladiator; to whom a wretched remedy is rendered tolerable by a still more wretched disease. As far as it relates to the physician, the last auxiliary is to let a little blood from each leg, near the ancle; to make an incision in the occiput and apply the cupping instruments; also to burn in two places with a hot iron, in the occiput and below it, where the first vertebra is connected with the head, that the pernicious humour may escape by them. If the disease be not terminated by these means, it may be considered perpetual. To alleviate it, much exercise must only be used, with friction, and those foods above mentioned, and especially all those things are to be avoided, which we have denounced.

CAP. XXIV.

DE REGIO MORBO.

ÆQUE notus est morbus, quem interdum arquatum, interdum regium nominant. Quem Hippocrates ait, si post septimum diem febricitante ægro supervenit, tutum esse, mollibus tantummodo præcordiis substantibus: Diocles, ex toto, si post febrem oritur, etiam prodesse; si post hunc febris, occidere. Color autem eum morbum detegit, maxime oculorum, in quibus, quod album esse debet, fit luteum. Soletque accedere et sitis, et dolor capitis, et frequens singultus, et præcordiorum dextra parte durities, et, ubi corporis vehemens motus est, spiritus difficultas, membrorumque resolutio: atque, ubi diutius manet morbus, totum corpus cum pallore quodam inalbescit.

Primo die abstinere ægrum oportet; secundo ducere alvum: tum, si febris est, eam victus genere discutere; si non est, scammoniam potui dare, vel cum aqua betam albam contritam, vel cum aqua

ORDO.

CAP. XXIV.

DE REGIO MORBO.

MORBUS est æque notus, quem nominant interdum arquatum, interdum regium. Quem Hippocrates ait esse tutum, si supervenit post septimum diem febricitante ægro, tantummodo præcordiis substantibus mollibus: Diocles, (ait) ex toto, si oritur post febrem, etiam prodesse, si febris (oritur) post hunc, occidere. Autem, color detegit eum morbum, maxime oculorum, in quibus, quod debet esse album, fit luteum. Que et sitis, et dolor capitis, et frequens singultus, et durities dextra parte præcordiorum, et, ubi motus corporis est vehemens, difficultas spiritus, que resolutio membrorum solet accedere: atque, ubi morbus manet diutius, totum corpus inalbescit cum quodam pallore.

Oportet ægrum abstinere primo die; ducere alvum secundo (die): tum, si est febris, discutere eam, genere victus; si non est, dare scammoniam potui, vel albam betam contritam cum

TRANSLATION.

CHAP. XXIV.

OF THE JAUNDICE.

THAT malady which they sometimes call the arched disease (11), sometimes the royal, is equally well known. Hippocrates pronounced it to be safe, if it supervene after the seventh day of a fever, provided the præcordia remain soft: Diocles maintained without reserve, that if it came on after a fever, it was even salutary; but if fever come on after, it is fatal. Now this disease is discovered by the colour *of the skin*, but more particularly in the eyes, in which, what ought to be white, becomes pale yellow. And it is generally attended by a thirst, head-ache, frequent hiccough, hardness of the præcordia on the right side, and when there is violent motion of the body, dyspnœa and paralysis ensue: and when the disease becomes chronic, the whole body appears blanched with a peculiar icteritious pallor.

On the first day the patient must abstain from food: on the second to administer an injection; then if there be fever, to dissipate that by a febrifuge regimen; if there be no fever, to give scammony as a drink, or white beet bruised with water,

mulsa nuces amaras, absinthium, anisum, sic ut pars hujus minima sit. Asclepiades aquam quoque salsam, et quidem per biduum, purgationis causa bibere cogebat, iis, quæ urinam movent, rejectis. Quidam, superioribus omissis, per hæc, et per eos cibos, qui extenuant, idem se consequi dicunt. Ego utique, si satis virium est, validiora; si parum, imbecilliora auxilia præfero. Si purgatio fuit, post eam triduo primo modice cibum oportet assumere ex media materia, et vinum bibere Græcum salsum, ut resolutio ventris maneat: tum altero triduo validiores cibos, et carnis quoque aliquid esse, intraque aquam manere: deinde ad superius genus victus reverti, cum eo, ut magis satietur; omisso Græco vino bibere integrum, austerum; atque ita per hæc variare, ut interdum acres quoque cibos interponat, interdum ad salsum vinum redeat.

Per omne vero tempus utendum est exercitatione, frictione; si hiems est, balneo, si æstas, frigidis natationibus; lecto etiam, et conclavi cultiore, lusu, joco, ludis, lascivia, per quæ mens exhilaretur: ob quæ regius morbus dictus videtur.

ORDO.

aqua, vel amaras nuces, absinthium, anisum, cum mulsa aqua, sic ut sit minima pars hujus. Asclepiades quoque cogebat (ægros) bibere salsam aquam, et quidem per biduum, causa purgationis, iis rejectis quæ movent urinam. Quidam, superioribus omissis, dicunt se consequi idem per hæc, et per eos cibos, qui extenuant. Utique, ego præfero validiora auxilia, si est satis virium; imbecilliora (auxilia) si (est) parum. Si fuit purgatio, post eam oportet assumere cibum modice ex media materia primo triduo, et bibere Græcum salsum vinum, ut resolutio ventris maneat: tum esse validiores cibo, et quoque aliquid carnis altero triduo, que manere intra aquam: deinde reverti ad superius genus victus, cum eo, ut satietur magis; Græco vino omisso, bibere integrum, austerum (vinum;) atque ita variare per hæc, ut interdum quoque interponat acres cibos, interdum redeat ad salsum vinum.

Vero est utendum exercitatione, frictione, per omne tempus; (est utendum) balneo, si est hiems, frigidis natationibus, si (est) æstas; etiam conclavi, et cultiore lecto, lusu, joco, ludis, lascivia, per quæ mens exhilaretur: ob quæ videtur dictus regius morbus. Quoque malagma,

TRANSLATION.

or bitter almonds, wormwood, and anise with hydromel, but of this last the smallest portion. Asclepiades compelled his patients to drink salt water, for the space of two days, for the purpose of purging them, rejecting those things which promote urine. Some, omitting the former remedies, say, that they can obtain the same result by diuretics and extenuating diet. Indeed I prefer the more potent remedies, if there be a sufficiency of strength; but the milder, if there be debility. If the patient have been purged, he ought to take food moderately for the first three days' afterwards of the middle class, and to drink salt Greek wine, in order to keep the bowels relaxed: then for the next three days to eat more substantial food, and also some flesh, and to remain on water for drink: afterwards to resume the former regimen, with this addition, that he may partake more freely: omitting the Greek wine, he ought to drink that which is pure and austere; and to vary these occasionally, interposing at one time acrid food, at another he may return to the salt wine.

But during the whole of this time exercise and friction must be employed; if in winter, the bath; if in summer, swimming in cold water; also the patient's bed and chamber ought to be more ornamented; and with mirth and jest, farce and frolic, and all those amusements calculated to exhilarate the mind; hence it appears to be called the royal disease. A discutient malagma applied over the præ-

Malagma quoque, quod digerat, super præcordia datum prodest; vel arida ibi ficus imposita, si jecur aut splenis affectus est.

ORDO.

quod digerat, datum super præcordia prodest; vel arida ficus imposita ibi, si jecur aut splenis est affectus.

TRANSLATION.

cordia seems to have a good effect; or a dry fig laid on there, if the liver or spleen be affected.

CAP. XXV.

DE ELEPHANTIA.

Ignotus autem pene in Italia, frequentissimus in quibusdam regionibus is morbus est, quem ἐλεφαντίασιν Græci vocant; isque longis annumeratur. Totum corpus afficitur ita, ut ossa quoque vitiari dicantur. Summa pars corporis crebras maculas crebrosque tumores habet; rubor earum paulatim in atrum colorem convertitur; summa cutis inæqualiter crassa, tenuis, dura, mollisque, quasi squamis quibusdam exasperatur; corpus emacrescit, os, suræ, pedes intumescunt: ubi vetus morbus est, digiti in manibus pedibusque sub tumore conduntur, febricula oritur, quæ facile tot malis obrutum hominem consumit.

Protinus ergo inter initia sanguis per biduum mitti debet, aut nigro ve-

ORDO.

CAP. XXV.

DE ELEPHANTIA.

Autem is morbus, quem Græci vocant ἐλεφαντίασιν, (elephantiasis,) est pæne ignotus in Italia, (que) frequentissimus in quibusdam regionibus; que is annumeratur longis. Totum corpus ita afficitur, ut ossa quoque dicantur vitiari. Summa pars corporis habet crebras maculas que crebros tumores; rubor earum convertitur paulatim in atrum colorem; summa cutis inæqualiter crassa, tenuis, dura, que mollis, quasi exasperatur quibusdam squamis: corpus emacrescit, os, suræ, pedes intumescunt: ubi morbus est vetus, digiti in manibus que pedibus conduntur sub tumore, febricula oritur, quæ facile consumit hominem obrutum tot malis.

Ergo sanguis debet mitti protinus inter initia per biduum,

TRANSLATION.

CHAP. XXV.

OF ELEPHANTIASIS.

That disease which the Greeks call elephantiasis, is very common in some countries, although scarcely known in Italy, and is of the chronic class. The whole body is affected in such a manner, that even the bones may be said to be diseased. The surface of the body frequently exhibits blotches and tumours: their red colour is gradually converted into a black: the surface of the skin is unequally thick and thin, hard and soft, assuming a squamous appearance; the body becomes emaciated, the mouth, the calves, and feet swell; when the disease becomes inveterate, the fingers and toes are involved in the swelling, slight fever arises, which soon carries off its victim overwhelmed with so many afflictions.

Therefore at the commencement blood ought to be let immediately two days

ratro venter solvi: adhibenda tum, quanta sustineri potest, inedia est: paulum deinde vires reficiendæ, et ducenda alvus: post hæc, ubi corpus levatum est, utendum est exercitatione, præcipueque cursu: sudor primum labore ipsius corporis, deinde etiam siccis sudationibus evocandus: frictio adhibenda: moderandumque inter hæc, ut vires conserventur. Balneum rarum esse debet; cibus sine pinguibus, sine glutinosis, sine inflantibus: vinum, præterquam primis diebus, recte datur. Corpus contrita plantago et illita optime tueri videtur.

ORDO.

aut venter (debet) solvi nigro veratro: tum inedia est adhibenda, quanta potest sustinere: deinde vires reficiendæ paulum, et alvus ducenda: post hæc, ubi corpus est levatum, est utendum exercitatione, que præcipue cursu: sudor (est) primum evocandus labore corporis ipsius, deinde etiam siccis sudationibus: frictio adhibenda: que moderandum inter hæc, ut vires conserventur. Balneum debet esse rarum; cibus sine pinguibus, sine glutinosis, sine inflantibus: vinum datur recte, præterquam primis diebus. Contrita et illita plantago videtur tueri corpus optime.

TRANSLATION,

successively, or the bowels purged with black hellebore: then the most rigid abstinence must be enjoined: afterwards the strength may be improved a little, and the bowels relieved by injection: when the body has been alleviated by these means, exercise must be employed, and particularly running; perspiration is to be elicited first by corporeal action of the body itself, and afterwards by dry sweatings: also friction must be applied; but these means must be so moderated, that the strength may be preserved. The bath ought to be employed rarely; the food should consist of nothing fat, glutinous, or flatulent: wine may be given with propriety, except on the first days. Plantain bruised and applied over the body, appears to be the best protection.

CAP. XXVI.

DE ATTONITIS.

Attonitos quoque raro videmus, quorum et corpus et mens stupet. Fit interdum ictu fulminis, interdum morbo: ἀποπληξίαν hunc Græci appellant. His

ORDO.

CAP. XXVI.

DE ATTONITIS.

Quoque raro videmus attonitos, et corpus et mens quorum stupet. Interdum fit ictu fulminis, interdum morbo: Græci appellant hunc ἀποπληξίαν (apoplexia).

TRANSLATION.

CHAP. XXVI.

OF THUNDER-STRUCK PERSONS, OR APOPLEXY.

It is also rarely we see thunder-struck persons in whom a total privation both of mental and physical power takes place. Sometimes it is caused by a stroke of lightning, sometimes by disease: the Greeks call the last apoplexia. Blood

sanguis mittendus est: veratro quoque albo, vel alvi ductione utendum. Tum adhibendæ frictiones, et ex media materia minime pingues cibi; quidam etiam acres; et a vino abstinendum.

ORDO.

Sanguis est mittendus his: quoque utendum albo veratro, vel ductione alvi. Tum frictiones adhibendæ, et minime pingues cibi ex media materia; etiam quidam acres; et abstinendum a vino.

TRANSLATION.

must be taken freely from them, and the white hellebore administered as a purgative, or alviduction employed. Then frictions are to be employed, and the leanest food of the middle class: also some acrid foods; and to abstain from wine.

CAP. XXVII.

DE RESOLUTIONE NERVORUM.

1. At resolutio nervorum frequens ubique morbus est: sed interdum tota corpora, interdum partes infestat. Veteres auctores illud ἀποπληξίαν, hoc παράλυσιν nominaverunt: nunc utrumque παράλυσιν appellari video. Solent autem, qui per omnia membra vehementer resoluti sunt, celeriter rapi: ac si correpti non sunt, diutius quidem vivunt; sed raro tamen ad sanitatem perveniunt, et plerumque miserum spiritum trahunt, memoria quoque amissa.

In partibus vero numquam acutus, sæpe longus, fere sanabilis morbus est.

ORDO.

CAP. XXVII.

DE RESOLUTIONE NERVORUM.

1. At resolutio nervorum est frequens morbus ubique: sed interdum infestat tota corpora, interdum partes. Veteres auctores nominaverunt illud ἀποπληξίαν (apoplexia), hoc παράλυσιν (paralysis): nunc video utrumque appellari παράλυσιν (paralysis). Autem, qui sunt vehementer resoluti per omnia membra, solent rapi celeriter: ac si non sunt correpti, quidem vivunt diutius; sed tamen raro perveniunt ad sanitatem, et plerumque memoria quoque amissa; trahunt miserum spiritum.

Vero morbus in partibus est numquam acutus, sæpe longus,

TRANSLATION.

CHAP. XXVII.

OF PARALYSIS.

Now resolution of the nervous system is of frequent occurrence every where: but sometimes it attacks the whole body, sometimes only parts. Ancient authors have named the first APOPLEXIA, the last PARALYSIS: but now I perceive PARALYSIS to be a common term for both. It is not an unusual occurrence for those whose limbs are violently paralysed to be carried off rapidly: but if they survive the shock, indeed they may live very long, yet seldom arrive at convalescence, and generally prolong a miserable vegetative existence, with a total loss of memory.

When it is partial, the disease is never acute, frequently chronic, and for the

Si omnia membra vehementer resoluta sunt, sanguinis detractio vel occidit, vel liberat: aliud curationis genus vix umquam sanitatem restituit, sæpe mortem tantum differt, vitam interim infestat. Post sanguinis missionem, si non redit et motus et mens, nihil spei superest; si redit, sanitas quoque prospicitur.

At ubi pars resoluta est, pro vi et malo corporis, vel sanguis mittendus, vel alvus ducenda. Cetera eadem in utroque casu facienda sunt: siquidem vitare præcipue convenit frigus; paulatimque ad exercitationes revertendum est, sic, ut ingrediatur ipse protinus, si potest: si id crurum imbecillitas prohibet, vel gestetur, vel motu lecti concutiatur: tum id membrum, quod deficit, si potest, per se, sin minus, per alium moveatur, et vi quadam ad consuetudinem suam redeat. Prodest etiam torpentis membri summam cutem exasperasse, vel urticis cæsam, vel imposito sinapi, sic ut, ubi rubere cœperit corpus, hæc removeantur. Scilla quoque contrita, bulbique contriti cum thure recte imponuntur. Neque alienum est, resina cutem tertio quoque die diutius vellere, pluribus etiam locis; aliquando sine ferro cucurbitulas admovere.

ORDO.

fere sanabilis. Si omnia membra sunt vehementer resoluta, detractio sanguinis vel occidit, vel liberat: aliud genus curationis vix umquam restituit sanitatem, sæpe differt mortem, interim infestat vitam. Post missionem sanguinis, si et motus et mens non redit, nihil spei superest; si redit, sanitas prospicitur quoque.

At ubi pars est resoluta, vel sanguis (est) mittendus, vel alvus (est) ducenda, pro vi et malo corporis. Cetera sunt facienda eadem in utroque casu: siquidem convenit præcipue vitare frigus; que est revertendum paulatim ad exercitationes, sic, ut ingrediatur protinus ipse, si potest: si imbecillitas crurum prohibet id, vel gestetur, vel concutiatur motu lecti: tum id membrum quod deficit, redeat ad suam consuetudinem, si potest, per se, sin minus, moveatur per alium, et quadam vi. Etiam prodest, exasperasse summam cutem torpentis membri, vel cæsam urticis, vel sinapi imposito, sicut, ubi corpus cœperit rubere, hæc removeantur. Quoque contrita scilla, que contriti bulbi cum thure imponuntur recte. Neque est alienum, quoque vellere cutem resina diutius tertio die, etiam pluribus locis; aliquando admovere cucurbitu-

TRANSLATION.

most part curable. If all the limbs be violently paralysed, the extraction of blood either kills, or cures: any other mode of treatment scarcely ever restores health; often, only delays death, while it renders life intolerable. After blood-letting, if neither voluntary motion nor intelligence return, no hope remains; if they do return, there is also a prospect of recovery.

But when the paralysis is partial, either blood must be taken, or an injection administered proportioned to the strength of the patient and the violence of the disease. The other remedies to be adopted are the same in both cases: above all things it is proper to avoid cold; and to resume exercises by degrees, so that he may walk as soon as he is able: if debility of the legs prevent that, he may be carried or moved by the action of a (*suspended*) bed: then that limb which is affected should be moved by itself if possible; or if not, by another, and that it may be forced to return to its accustomed action. It is also beneficial to irritate the surface of the skin on the torpid limb, either by beating it with nettles, or by applying mustard on it, which may be removed when the part begins to grow red. Also bruised squills, or bulbous roots, beat up with frankincense. Neither is it improper, to vellicate the skin with resin for some considerable time every third day, and that too in many places; sometimes to apply the cupping instruments

Unctioni vero aptissimum est vetus oleum, vel nitrum aceto et oleo mistum. Quin etiam fovere aqua calida marina, vel, si ea non est, tamen salsa, magnopere necessarium est. Ac si quo loco vel naturales, vel etiam manufactæ tales natationes sunt, iis potissimum utendum est; præcipueque in his agitanda membra, quæ maxime deficiunt: si id non est, balneum tamen prodest. Cibus esse debet ex media materia, maximeque ex venatione; potio sine vino, aquæ calidæ: si tamen vetus morbus est, interponi quarto vel quinto die purgationis causa vinum Græcum salsum potest. Post cœnam utilis vomitus est.

2. Interdum vero etiam nervorum dolor oriri solet. In hoc casu non vomere, non medicamentis urinam movere, non exercitatione sudorem, ut quidam præcipiunt, expedit. Bibenda aqua est bis in die: in lectulo leniter satis diu corpus perfricandum est, deinde retento spiritu: ab ipsa exercitatione potius superiores partes movendæ: balneo raro utendum: mutandum subinde peregrinationibus cœlum. Si dolor est, ea ipsa pars sine oleo, nitro ex aqua perungenda est; deinde invol-

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las sine ferro. Vero vetus oleum, vel nitrum mistum aceto et oleo est aptissimum unctioni. Quin etiam fovere calida marina aqua, vel, si non est ea, tamen salsa, est magnopere necessarium. Ac si sunt tales natationes (in) quo loco vel naturales, vel etiam manufactæ, est utendum iis potissimum; que membra quæ deficiunt maxime, præcipue (sunt) agitanda in his: si non est id, tamen balneum prodest. Cibus debet esse ex media materia, que maxime ex venatione; potio calidæ aquæ, sine vino: si tamen morbus est vetus, Græcum salsum vinum potest interponi quarto vel quinto die causa purgationis. Vomitus est utilis post cœnam.

2. Vero interdum dolor nervorum etiam solet oriri. In hoc casu expedit non vomere, non movere urinam medicamentis, non (movere) sudorem exercitatione, ut quidam præcipiunt. Aqua est bibenda bis in die: corpus est perfricandum leniter, satis diu, in lectulo, deinde spiritu retento: superiores partes (sunt) movendæ potius ab exercitatione ipsa: utendum balneum raro: mutandum cœlum subinde peregrinationibus. Si est dolor, ea pars ipsa est perungenda nitro ex aqua, sine oleo; de-

TRANSLATION.

without incision. But old oil is most fit for unction, or nitre mixed with vinegar and oil. Moreover it is highly necessary to foment with warm sea-water, or if that is not to be had, at least with salt water. If there be any natural swimming places, or even such as may be constructed by art of this kind, they should be used by all means: and the limbs which are most affected, ought to be exercised there especially: if that cannot be had, still the common bath will be found serviceable. The food ought to be of the middle material, and especially of game: to drink warm water, without wine: but if the disease have become chronic, the Greek salt wine may be interposed every fourth or fifth day as a purgative. An emetic after supper is useful.

2. Sometimes there arises a pain of the nerves. In this case it is not expedient either to excite vomiting by emetics, or promote the urine by diuretics, or to elicit diaphoresis by exercise as some physicians prescribe. Water must be drunk twice in the day: the body should be rubbed gently for a considerable time in bed, afterwards retaining the breath; during the exercise the superior parts are to be moved in preference: the bath to be used seldom: occasionally changing his climate by travelling. If there be pain in any part, that is to be anointed with nitre and water without oil; afterwards to be wrapped up, and held over a gentle

venda, et subjicienda pruna lenis, et sulphur, atque ita id suffumigandum; idque aliquamdiu faciendum, sed jejuno, cum bene jam concoxerit. Cucurbitulæ quoque sæpe dolenti parti admovendæ sunt, pulsandusque leniter inflatis vesicis bubulis is locus est. Utile est etiam sevum miscere cum hyoscyami et urticæ contritis seminibus, sic, ut omnium par modus sit, idque imponere: fovere aqua, in qua sulphur decoctum sit. Utriculi quoque recte imponuntur aqua calida repleti, aut bitumen cum hordeacea farina mistum. Atque in ipso potissimum dolore, utendum gestatione vehementi est: quod in aliis doloribus pessimum est.

3. Tremor autem nervorum æque vomitu medicamentisque urinam moventibus intenditur. Inimica etiam habet balneum, assasque sudationes. Bibenda aqua est: acri ambulatione utendum; item unctionibus, frictionibusque, maxime per seipsum: pila, similibusque superiores partes dimovendæ: cibo quolibet utendum, dummodo concoctioni utique studeatur: secundum cibum, curis abstinendum: rarissima venere opus est. Si quando quis in eam prolapsus est, tum oleo leniter diuque in

ORDO.

inde (sunt) involvenda, et lenis pruna, et sulphur subjicienda, atque ita fumigandum id; que id faciendum aliquamdiu, sed jejuno, cum jam concoxerit bene. Quoque cucurbitulæ sunt admovendæ sæpe dolenti parti, que is locus est pulsandus leniter inflatis bulbulis vesicis. Est etiam utile miscere sevum cum contritis seminibus hyoscyami et urticæ, sic, ut modus omnium sit par, que imponere id: fovere aqua, in qua sulphur sit decoctum. Quoque utriculi repleti calida aqua imponuntur recte, aut bitumen mistum cum hordeacea farina. Atque est potissimum utendum vehementi gestatione in dolore ipso: quod est pessimum in aliis doloribus.

3. Autem tremor nervorum intenditur æque vomitu, que medicamentis moventibus urinam. Etiam habet balneum que assas sudationes inimica. Aqua est bibenda: (est) utendum acri ambulatione; item unctionibus, que frictionibus, maxime per se ipsum: superiores partes dimovendæ pila, que similibus: (est) utendum quolibet cibo, dummodo utique studeatur concoctioni: secundum cibum, (est) abstinendum curis: est opus venere rarissima. Si quando quis est prolapsus in eam, tum debet perfricari leniter, que diu oleo in lec-

TRANSLATION.

live coal with sulphur, and in this manner to be fumigated: and that should be done for some time, but while the stomach is empty and after he shall have digested well. The cupping-glasses also ought to be applied frequently to the affected part, and that place should be gently beaten with inflated bladders. Equal parts of suet, the bruised seeds of henbane and nettles, mixed together and laid on the part will be found useful: also to foment with water in which sulphur has been boiled. Small leathern bottles filled with hot water, or bitumen mixed with barley-meal may be very properly applied to the part. Vehement gestation should be employed, and especially during the pain itself, which in other affections would be extremely pernicious.

3. A tremor of the nerves is also aggravated by vomiting and diuretics. The bath and dry perspiration are inimical. The drink should be water: to employ brisk walking; also unction and friction, especially applied by himself: the superior extremities must be exercised by the ball and similar games: he may take any food he likes, provided that a due regard be paid to digestion: after food he must abstain from every care; and sexual indulgences ought to be few and far between. If he should at any time luxuriate in this particular, then he ought to

lectulo perfricari manibus puerilibus potius, quam virilibus, debet.

4. Suppurationes autem, quæ in aliqua interiori parte oriuntur, ubi notæ fuerint, primum id agere oportet per ea cataplasmata, quæ reprimunt, ne coitus inutilis materiæ fiat; deinde, si hæc victa sunt, per ea malagmata, quæ digerunt, ut dissipetur. Quod si consecuti non sumus, sequitur, ut evocetur: deinde, ut maturescat. Omnis tum vomicæ finis est, ut rumpatur: indiciumque est, pus vel alvo vel ore redditum. Sed nihil facere oportet, quominus, quidquid est puris, excedat. Utendum maxime sorbitionibus est, et aqua calida. Ubi pus ferri desiit, transeundum ad faciles quidem, sed tamen validiores et frigidos cibos, frigidamque aquam, sic ut ab egelidis tamen initium fiat.

Primoque cum melle quædam edenda, ut nuclei pinei, vel Græcæ nuces, vel Avellanæ: postea submovendum id ipsum, quo maturius induci cicatrix possit. Medicamentum eo tempore ulceri est, succus assumptus vel porri vel marrubii, et omni cibo porrum ipsum adjectum. Oportebit autem uti in iis partibus, quæ non afficiuntur, frictioni-

ORDO.

tulo potius puerilibus manibus, quam virilibus.

4. Autem ubi suppurationes, quæ oriuntur aliqua interiori parte, fuerint notæ, primum oportet agere id per ea cataplasmata, quæ reprimunt, ne fiat inutilis coitus materiæ; deinde, si hæc victa sunt, ut dissipetur per ea malagmata, quæ digerunt. Quod si non sumus consecuti, sequitur, ut evocetur: deinde, ut maturescat. Tum est finis omnis vomicæ, ut rumpatur: que pus redditum vel alvo vel ore, est indicium. Sed oportet facere nihil, quo quidquid est puris, excedat minus. Est maxime utendum sorbitionibus, et calida aqua. Ubi pus desiit ferri, (est) quidem transeundum ad faciles, sed tamen validiores et frigidos, que frigidam aquam, tamen sic ut fiat initium ab egelidis.

Que primo edenda quædam cum melle, ut pinei nuclei, vel Græcæ nuces, vel Avellanæ: postea submovendum id ipsum, quo cicatrix possit induci maturius. Succus vel porri vel marrubii assumptus, est medicamentum ulceri eo tempore, et porrum ipsum adjectum omni cibo. Autem oportebit uti frictionibus in iis partibus, quæ non afficiun-

TRANSLATION.

be gently rubbed with oil for a long time in bed, by the hands of a boy rather than by that of a man.

4. But when abscesses, which arise in some internal part, have been detected, it behoves us to attend to these first, and by the application of repellent cataplasms prevent the formation of matter which would be injurious; afterwards, if these have been overcome; let them be dispersed by discutient malagmata. But if we have not succeeded, it follows, that they should be brought forward: afterwards, to effect maturation: then the termination of every abscess is, that it may burst: and this is indicated by an evacuation of pus, either by the mouth or anus. But nothing should be done, by which the discharge of matter may be rendered less. Gruels and warm water must be the principal nourishment. When the discharge of matter has ceased, we may pass to such food, as may be easily digested, but yet more nutritive and cold; also cold water, and that a beginning be made with lukewarm things.

At first some things are to be eaten with honey, as pine nuts, or sweet almonds, or hazel nuts. Afterwards even the honey must be omitted, by which means a cicatrix may be the sooner formed. The expressed juice of the leek or horehound being taken at that time is medicinal for the ulcer; and adding leeks to every meal is advantageous. But we should use friction to those parts which are not

bus; item ambulationibus lenibus: vitandumque erit, ne vel luctando, vel currendo, vel alia ratione sanescentia ulcera exasperentur. In hoc enim morbo perniciosus, ideoque omni modo cavendus sanguinis vomitus est.

ORDO.

tur; item lenibus ambulationibus: que erit vitandum, ne sanescentia ulcera exasperentur vel luctando, vel currendo, vel alia ratione. Enim vomitus sanguinis est perniciosus in hoc morbo, que ideo est cavendus omni modo.

TRANSLATION.

affected; also gentle walking: taking all care that the granulating ulcers be not irritated by struggling, running, or any other means; for a vomiting of blood in this disease is attended with imminent danger, and for this reason should be guarded against in every manner.

A. CORN. CELSI

DE MEDICINA

LIBER QUARTUS.

CAP. I.

DE HUMANI CORPORIS INTERIORIBUS SEDIBUS.

1. HACTENUS reperiuntur ea genera morborum, quæ in totis corporibus ita sunt, ut iis certæ sedes assignari non possint: nunc de iis dicam, quæ sunt in partibus. Facilius autem omnium interiorum morbi curationesque in notitiam venient, si prius eorum sedes breviter ostendero.

Caput igitur, eaque, quæ in ore sunt, non lingua tantummodo palatoque terminantur; sed etiam, quatenus oculis nostris exposita sunt. In dextra sinistraque circa guttur venæ grandes, quæ

ORDO.

QUARTUS LIBER

AUR. COR. CELSI

DE MEDICINA.

CAP. I.

DE INTERIORIBUS SEDIBUS HUMANI CORPORIS.

HACTENUS ea genera morborum reperiuntur, quæ sunt ita in totis corporibus, ut certæ sedes non possint assignari iis: nunc dicam de iis, quæ sunt in partibus. Autem morbi omnium interiorum que curationes venient in notitiam facilius, si prius breviter ostendero sedes eorum.

Igitur caput, que ea (partes), quæ sunt in ore, terminantur non tantummodo lingua que palato, sed etiam, quatenus sunt exposita nostris oculis. In dextra que sinistra circa guttur (sunt) grandes venæ, quæ nominantur

TRANSLATION.

THE FOURTH BOOK

OF

AURELIUS CORNELIUS CELSUS

ON MEDICINE.

CHAP. I.

OF THE INTERNAL PARTS OF THE HUMAN BODY.

HITHERTO those species of diseases have been treated of, which so often affect the whole body, that a determined locality cannot be assigned to them: I shall now speak of those which are local. Now the diseases and treatment of all internal parts will be more easily understood, when I shall have previously described briefly their *structure* and relative position.

Therefore the head, and those parts contained in the mouth, are bounded not only by the tongue and palate, but also, as far as they are exposed to our view. On the right and left of the throat are large veins which are named sphagitides or

σφαγίτιδες nominantur; itemque arteriæ, quas καρωτίδας vocant, sursum procedentes ultra aures feruntur. At in ipsis cervicibus glandulæ positæ sunt, quæ interdum cum dolore intumescunt.

Deinde duo itinera incipiunt: alterum, asperam arteriam nominant; alterum, stomachum. Arteria exterior ad pulmonem; stomachus interior ad ventriculum fertur: illa spiritum; hic cibum recipit. Quibus cum diversæ viæ sint, qua coeunt, exigua in arteria sub ipsis faucibus lingua est; quæ, cum spiramus, attollitur, cum cibum potionemque assumimus, arteriam claudit.

Ipsa autem arteria, dura et cartilaginosa, in gutture assurgit, ceteris partibus residit. Constat ex circulis quibusdam, compositis ad imaginem earum vertebrarum, quæ in spina sunt: ita tamen, ut ex parte exteriore aspera, ex interiore, stomachi modo lævis sit: eaque descendens ad præcordia cum pulmone committitur.

Is spongiosus, ideoque spiritus capax, et a tergo spinæ ipsi junctus, in duas fibras, ungulæ bubulæ modo, dividitur.

ORDO.

σφαγίτιδες (sphagitides); que item arteriæ quas vocant καρωτίδας (carotidas) procedentes sursum feruntur ultra aures. At glandulæ sunt positæ in cervicibus ipsis: quæ interdum intumescunt cum dolore.

Deinde duo itinera incipiunt: nominant alterum asperam arteriam (*trachea*); alterum, stomachum (*œsophagus*). Arteria exterior fertur ad pulmonem; stomachus interior (fertur) ad ventriculum. Illa recipit spiritum; hic cibum. Cum sint diversæ viæ quibus, quæ coeunt, est exigua lingula (epiglottis) in arteria sub faucibus ipsis; quæ, cum spiramus, attollitur; cum assumimus cibum que potionem, claudit arteriam.

Autem arteria (trachea) ipsa est dura et cartilaginosa, assurgit in gutture; residit (in) cæteris partibus. Constat ex quibusdam circulis, compositis ad imaginem earum vertebrarum, quæ sunt in spina: tamen ita, ut sit aspera ex exteriore parte; (sit) lævis ex interiore modo stomachi: que ea descendens committitur cum pulmone ad præcordia. Is (est) spongiosus, que ideo (est) capax spiritus, et junctus spinæ ipsi a tergo, dividitur in duas fibras, modo bubulæ ungulæ.

TRANSLATION.

jugular; and also arteries, which they call carotides, and proceeding upwards extend beyond the ears. But glands are situated in the neck itself which sometimes become painfully swollen.

Here two passages begin: they term one the rough artery, or *trachea;* the other, the stomach, or *œsophagus.* The trachea being situated more anteriorly passes into the lungs; the œsophagus is placed rather posteriorly, and conducts to the stomach: the former is for the reception of air, the latter for food. These two passages having a distinct course, where they come in contact, there is a small tongue *or epiglottis* affixed to the trachea, directly under the fauces: now this *valve or little tongue* is elevated when we breathe; but it effectually shuts the orifice of the trachea when we take food or drink.

The trachea itself is hard and cartilaginous, rises up in the throat, and recedes in other parts. It is composed of several *imperfect* circles, arranged in the form of those vertebræ which are in the spine: yet so that it is rough externally, and smooth internally, like the œsophagus: and in this manner descending the præcordia, it is connected with the lungs. These are spongy in their structure, and on that account capable of containing air, and being joined posteriorly to the spine, are divided into two lobes, resembling an ox's hoof.

Huic cor annexum est, natura musculosum, in pectore sub sinisteriore mamma situm; duosque quasi ventriculos habet. At sub corde atque pulmone, transversum ex valida membrana septum est, quod a præcordiis uterum diducit; idque nervosum, multis etiam venis per id discurrentibus, a superiore parte, non solum intestina, sed jecur quoque lienemque discernit. Hæc viscera proxime, sed infra tamen posita, dextra sinistraque sunt.

Jecur a dextra parte sub præcordiis ab ipso septo orsum, intrinsecus cavum, extrinsecus gibbum est: quod prominens leviter ventriculo insidet, et in quatuor fibras dividitur. Ex inferiore vero parte ei fel inhæret. At lienis sinistra, non eidem septo, sed intestino innexus est, natura mollis et rarus, longitudinis crassitudinisque modicæ; isque paulum a costarum regione in uterum excedens, ex maxima parte sub his conditur. Atque hæc quidem juncta sunt. Renes vero diversi; qui lumbis sub imis costis inhærent, a parte earum rotundi, ab altera resimi; qui et venosi sunt, et ventriculos habent, et tunicis super conteguntur.

ORDO.

Cor est annexum huic, musculosum natura, situm in pectore sub sinisteriore mamma; que habet quasi duos ventriculos. At sub corde atque pulmone, est transversum septum (diaphragma) ex valida membrana, quod diducit uterum a præcordiis; idque, nervosum(que)etiam multis venis discurrentibus per id, non solum discernit intestina, a superiore parte, sed quoque jecur que lienem. Hæc viscera sunt proxime, sed tamen posita infra, dextra que sinistra.

Jecur orsum a dextra parte ab septo ipso sub præcordiis, est cavum intrinsecus, (est) gibbum extrinsecus. Quod prominens, insidet leviter ventriculo, et dividitur in quatuor fibras. Vero fel inhæret ei ex interiore parte. At lienis sinistra, non est annexus eidem septo, sed intestino, natura mollis et rarus, modicæ longitudinis que crassitudinis; que is excedens paulum a regione costarum in uterum, conditur ex maxima parte sub his. Atque quidem hæc sunt juncta. Vero renes (sunt) divisi; qui inhærent lumbis sub imis costis, rotundi a parte earum, resimi ab altera; qui sunt et venosi, et habent (duos) ventriculos, et conteguntur super tunicis.

TRANSLATION.

With these lobes the HEART is connected *by the pulmonary vessels:* this is by nature a muscular organ, situated in the thorax under the left breast; and has two small cavities, named ventricles. But below the heart and lungs there is the transverse septum (*diaphragm*) composed of a strong membrane, which divides the abdomen from the præcordia, this being of a tendinous texture, and very vascular, separates not only the intestines, but also the liver and spleen from the superior parts. These viscera are in proximity, but yet placed beneath, on the right and left.

The liver having the origin from the diaphragm itself, on the right side under the præcordia, is internally concave, externally convex: which being prominent, slightly rests on the stomach, and is divided into four lobes. The gall-bladder adheres to it inferiorly. But the spleen being on the left, is not connected to the diaphragm, but to the intestine; is soft and incompact in its texture, of a moderate length and thinness; and advancing a little beyond the region of the ribs into the abdomen, is principally covered by them. Indeed these are in contact(1). But the kidneys are separate, which adhere to the loins below the last ribs, convex towards these and internally concave: they are vascular, containing two ventricles, and are invested with tunics.

Ac viscerum quidem hæ sedes sunt. Stomachus vero, qui intestinorum principium est, nervosus a septima spinæ vertebra incipit; circa præcordia cum ventriculo committitur. Ventriculus autem, qui receptaculum cibi est, constat ex duobus tergoribus; isque inter lienem et jecur positus est, utroque ex his paulum super eum ingrediente. Suntque etiam membranulæ tenues, per quas interse tria ista connectuntur, jungunturque ei septo, quod transversum esse, supra posui. Inde ima ventriculi pars paulum in dexteriorem partem conversa, in summum intestinum coarctatur.

Hanc juncturam πυλωρὸν Græci vocant, quoniam portæ modo in inferiores partes ea, quæ excreturi sumus, emittit. Ab ea jejunum intestinum incipit, non ita implicitum: cui tale vocabulum est, quia numquam, quod accipit, continet; sed protinus in inferiores partes transmittit. Inde tenuius intestinum est, in sinus vehementer implicitum: orbes vero ejus per membranulas singuli cum interioribus connectuntur; qui in dexteriorem partem conversi, et e regione dexterioris coxæ finiti, superiores tamen partes magis complent.

ORDO.

Ac quidem hæ sunt sedes viscerum. Vero stomachus (œsophagus), qui est principium intestinorum, (est) nervosus, incipit a septima vertebra spinæ; committitur circa præcordia cum ventriculo. Autem ventriculus, qui est receptaculum cibi, constat ex duobus tergoribus; que is est positus inter lienem et jecur, utroque ex his ingrediente paulum super eum. Que etiam sunt tenues membranulæ, per quas ista tria (viscera) connectuntur inter se, quæ junguntur ei septo, quod posui supra esse transversum. Inde ima pars ventriculi conversa paulum in dexteriorem partem, coarctatur in summum intestinum.

Græci vocant hanc juncturam πυλωρὸν (pylorus), quoniam emittit ea quæ sumus excreturi, in inferiores partes, modo portæ. Jejunum intestinum incipit ab ea, non ita implicitum: cui tale vocabulum est, quia numquam continet, quod accipit; sed transmittit (quod accipit) protinus in inferiores partes. Inde est tenuius intestinum (ileum), vehementer implicitum in sinus: vero singuli orbes ejus connectuntur cum interioribus per membranulas; qui conversi in dexteriorem partem, et finiti e regione dexterioris coxæ, tamen complent superiores partes magis.

TRANSLATION.

These then are the relative situations of the viscera. Now the œsophagus which is the commencement of the alimentary canal, being a membranous tube, arises opposite the seventh vertebra of the spine, and is united with the stomach about the præcordia. The stomach which is the receptacle of food, consists of two coats, and is situated between the spleen and the liver; each of these passing a little over it. There are also some fine membranes, by which these three are connected together, and joined to the transverse septum, which I have described above. Then the inferior curve of the stomach converging a little towards the right side, becomes contracted and forms the upper intestine (*or duodenum*).

This junction between the stomach and duodenum, the Greeks call pylorus, because it discharges the office of a door keeper to the lower intestines, by permitting the escape of such things, which we are about to excrete. After the duodenum, begins the jejunum, not so much convoluted: which, as the name imports, never retains what it receives; but immediately transmits it into the inferior parts. Thence begins the smaller intestine, or ileum, highly convoluted; each of whose convolutions being held down by small connecting membranes; which being turned towards the right hypogastric region terminates in the great intestine, yet occupy more the superior parts.

Deinde id intestinum cum crassiore altero transverso committitur, quod a dextra parte incipiens, in sinisteriorem pervium et longum est, in dexteriorem non est; ideoque cæcum nominatur. At id, quod pervium est, late fusum atque sinuatum, minusque quam superiora intestina nervosum, ab utraque parte huc atque illuc volutum, magis tamen sinisteriores inferioresque partes tenens, contingit jecur atque ventriculum: deinde cum quibusdam membranulis a sinistro rene venientibus jungitur; atque hinc dextra recurvatum in imo dirigitur, qua excernit; ideoque id ibi rectum intestinum nominatur.

Contegit vero universa hæc omentum, ex inferiore parte læve et strictum, ex superiore mollius; cui adeps quoque innascitur; quæ sensu, sicut cerebrum quoque et medulla, caret. At a renibus singulæ venæ, colore albæ, ad vesicam feruntur: οὐρητῆρας Græci vocant, quod per eas inde descendentem urinam in vesicam destillare concipiunt. Vesica autem ipso sinu nervosa et duplex, cervice plena atque carnosa, jungitur per venas cum intestino, eoque osse, quod pubi subest: ipsa soluta atque liberior est: aliter in viris atque in

ORDO.

Deinde id intestinum committitur cum altero crassiore transverso, quod incipiens a dextra parte, est longum et pervium in sinisteriorem, non est in dexteriorem; que ideo nominatur cæcum. At id (intestinum) quod est pervium, late fusum atque sinuatum, que minus nervosum quam superiora intestina, volutum ab utraque parte huc atque illuc, tamen tenens sinisteriores que inferiores partes magis, contingit jecur atque ventriculum: deinde jungitur cum quibusdam membranulis venientibus a sinistro rene; atque hinc recurvatum in dextra dirigitur in imo, qua excernit: que ideo id nominatur ibi rectum intestinum.

Vero omentum contegit universa hæc, læve et strictum ex inferiore parte, mollius ex superiore; cui adeps quoque innascitur; quæ caret sensu, sicut cerebrum et quoque medulla. At singulæ venæ, albæ (in) colore feruntur ad vesicam a renibus; Græci vocant οὐρητῆρας (ureteras), quod concipiunt urinam descendentem inde per eas destillare in vesicam. Autem vesica (est) nervosa et duplex (in) sinu ipso, plena atque carnosa cervice, jungitur cum intestino per venas, que eo osse, quod subest pubi: est soluta ipsa atque liberior: posita aliter in viris atque fœminis.

TRANSLATION.

Afterwards, this intestine is joined by a thicker transverse one, which commences on the right side, is pervious and extends towards the left, forming an arch, which is not so towards the right, and for this reason is named the cæcum. But that portion which is open, being of large capacity and sinuous, less tendinous than the upper intestines, and arranged in various convolutions on each side, yet occupying the left and lower parts most, touches the liver and the stomach: then it is connected with some small membranes coming from the left kidney; and taking a curve to the right forms the descending portion, where it excretes the fæces; and on that account is there termed the straight gut or rectum.

All these parts are covered by omentum, the under surface of which is smooth and contracted, the upper softer: and there is also fat formed on it, which like the brain and marrow is destitute of feeling. Each kidney sends a tube of a white colour to be inserted into the bladder: the Greeks call them ureters, because they imagine the urine to be conveyed by these into the bladder. The body of this organ is membranous and duplex itself, but full and fleshy about the cervix, and is connected by veins (*cellular tissue*) to the rectum, and to that bone, which is under the pubes *by the two anterior ligaments:* this organ in itself is loose and very free: be-

fœminis posita. Nam in viris juxta rectum intestinum est, potius in sinistram partem inclinata; in fœminis super genitale earum sita est, supraque lapsa, ab ipsa vulva sustinetur.

Tum in masculis iter urinæ spatiosius et compressus a cervice hujus descendit ad colem: in fœminis brevius et plenius, super vulvæ cervicem se ostendit. Vulva autem in virginibus quidem admodum exigua est: in mulieribus vero, nisi ubi gravidæ sunt, non multo major, quam ut manu comprehendatur. Ea, recta tenuataque cervice, quem canalem vocant, contra mediam alvum orsa, inde paulum ad dexteriorem coxam convertitur; deinde super rectum intestinum progressa, iliis fœminæ latera sua innectit. Ipsa autem ilia inter coxas et pubem imo ventre posita sunt.

A quibus ac pube abdomen sursum versus ad præcordia pervenit; ab exteriore parte, evidenti cute; ab interiore levi membrana inclusum, quæ omento jungitur; περιτόναιος autem a Græcis nominatur.

ORDO.

Nam in viris est juxta rectum intestinum, inclinata potius in sinistram partem; est sita in feminis super genitale earum, que, lapsa supra, sustinetur ab vulva ipsa.

Tum iter urinæ descendit spatiosius et compressius a cervice hujus ad colem in masculis: brevius et plenius in fœminis, ostendit se super cervicem vulvæ. Autem vulva in virginibus quidem est admodum exigua: vero non est multo major, quam ut comprehendatur manu, in mulieribus, nisi ubi sunt gravidæ. Ea orsa, contra mediam alvum, recta que tenuata cervice, quem vocant canalem, inde convertitur paulum ad dexteriorem coxam; deinde progressa super rectum intestinum, innectit sua latera iliis fœminæ. Autem ilia ipsa sunt posita imo ventre inter coxas et pubem.

A quibus ac pube abdomen pervenit sursum versus ad præcordia; inclusum evidenti cute, ab exteriore parte; levi membrana ab interiore, quæ jungitur omento; autem nominatur a Græcis περιτόναιος (peritoneum).

TRANSLATION.

ing placed differently in males from those in females. For in the male it is in juxta position to the rectum, rather inclining to the left side: in the female it is placed above the genital organs, and is supported by the uterus itself as it glides over it.

Now in the male the urethra is much longer and narrower, and proceeds from the neck of the bladder to the penis: in females it is shorter and more capacious, and shows itself above the neck of the womb. The uterus in virgins, indeed, is very small; even in women, unless they be pregnant, not much larger, than what may be grasped in the hand. It commences opposite the median line of the abdomen, with a straight and narrowed neck, termed the vagina, and has a slight inclination towards the right hip; then having proceeded over the rectum, it unites its sides to the ilia of the female.

The ilia themselves are placed between the hips and pubes at the lower part of the abdomen. From which and the pubes, the abdomen extends upwards to the præcordia; externally covered by cuticle which is evident; internally it is lined by a fine membrane, which is joined to (*forms*) the omentum, and is named by the Greeks peritonæum.

CAP. II.

DE CURATIONE MORBORUM, QUI NASCUNTUR A CAPITE.

1. His veluti in conspectum quemdam, quatenus scire curanti necessarium est, adductis, remedia singularum laborantium partium exsequar, orsus a capite: sub quo nomine nunc significo eam partem, quæ capillo tegitur: nam oculorum, aurium, dentium dolor, et si quis similis est, alias erit explicandus.

In capite autem interdum acutus et pestifer morbus est, quam κεφαλαίαν Græci vocant: cujus notæ sunt, horror validus, nervorum resolutio, oculorum caligo, mentis alienatio, vomitus, sic, ut vox supprimatur; vel sanguinis ex naribus cursus, sic, ut corpus frigescat, anima deficiat: præter hæc, dolor intolerabilis, maxime circa tempora, vel occipitium. Interdum autem in capite longa imbecillitas, sed neque gravis, neque periculosa, per hominis ætatem est: interdum gravior dolor, sed brevis, neque tamen mortiferus; qui vel vino, vel cruditate, vel frigore, vel igne, aut

ORDO.

CAP. II.

DE CURATIONIBUS MORBORUM, QUI NASCUNTUR A CAPITE.

1. His adductis veluti in quemdam conspectum, exsequar remedia singularum laborantium partium quatenus est necessarium curanti scire, orsus a capite: sub quo nomine significo eam partem, quæ tegitur a capillo: nam si est quis dolor oculorum, aurium, dentium, et similis, erit explicandus alias.

Autem interdum est acutus et pestifer morbus in capite, quam Græci vocant κεφαλαίαν (cephalaia). Cujus validus horror, resolutio nervorum, caligo oculorum, alienatio mentis, vomitus, sic, ut vox supprimatur, sunt notæ; vel cursus sanguinis ex naribus, sic, ut corpus frigescat, (que) anima deficiat: præter hæc, intolerabilis dolor, maxime circa tempora, vel occipitium. Autem interdum est longa imbecillitas in capite, sed per ætatem hominis (est) neque gravis, neque periculosa. Interdum (est) gravior, sed brevis dolor, tamen neque (est) mortiferus; qui contrahitur vel vino, vel cruditate, vel frigore, vel igne, aut

TRANSLATION.

CHAP. II.

TREATMENT OF DISEASES ARISING FROM THE HEAD.

1. Having demonstrated those parts as it were to the view, as far as it is necessary for a physician to know them, I shall proceed to the treatment of the several parts affected, commencing with the head: under which I designate that part only which is covered with hair: for pains of the eyes, ears, teeth, and the like will be explained elsewhere.

Now there is sometimes an acute and destructive disease in the head, which the Greeks call cephalaia: the symptoms of which are a violent shivering, nervous debility, dimness of sight, mental alienation, vomiting, suppression of the voice, or epistaxis, with coldness of the body, and syncope: besides these, there is an insupportable pain, especially around the temples, or occiput. But there is sometimes a permanent debility of the head, during the whole of a person's life, which is neither severe nor dangerous. Sometimes there is a more violent pain, but of short duration, neither is it fatal; this may arise either from wine or indigestion, or cold,

sole contrahitur. Hique omnes dolores modo in febre, modo sine hac sunt; modo in toto capite, modo in parte; interdum sic, ut oris quoque proximam partem excrucient.

Præter hæc etiamnum invenitur genus, quod potest longum esse; ubi humor cutem inflat, eaque intumescit, et prementi digito cedit: ὑδροκέφαλον Græci appellant. Ex his id, quod secundo loco positum est, dum leve est, qua sit ratione curandum, dixi, cum persequerer ea, quæ sani homines in imbecillitate partis alicujus facere deberent. Quæ vero auxilia sint capitis, ubi cum febre dolor est, eo loco explicatum est, quo febrium curatio exposita est. Nunc de ceteris dicendum est.

Ex quibus id, quod acutum est, et id, quod supra consuetudinem intenditur, idque, quod ex subita causa, etsi non pestiferum, tamen vehemens est, primam curationem habet, qua sanguis mittatur. Sed id, nisi intolerabilis dolor est, supervacuum est: satiusque est abstinere a cibo; si fieri potest, etiam a potione; si non potest, aquam bibere. Si postero die dolor remanet, alvum ducere, sternutamenta evocare, nihil

ORDO.

sole. Que omnes hi dolores sunt modo in febre, modo sine hac: modo excrucient in toto capite, modo in parte; interdum sic, ut quoque excrucient proximam partem oris.

Etiamnum præter hæc, genus (morbi) invenitur, quod potest esse longum; ubi humor inflat cutem, que ea intumescit, et cedit digito prementi: Græci appellant ὑδροκέφαλον (hydrocephalus). Ex his id, quod est positum (in) secundo loco, dixi, qua ratione sit curandum, dum est leve, cum persequerer ea, quæ, sani homines deberent facere in imbecillitate alicujus partis. Vero quæ sint auxilia capitis, ubi est dolor cum febre, est explicatum eo loco, quo curatio febrium est exposita. Nunc est dicendum de cæteris.

Ex quibus id, quod est acutum, et id, quod intenditur supra consuetudinem, que id, quod (est ortus) ex subita causa, etsi non est pestiferum, tamen (est) vehemens, habet primam curationem, qua sanguis mittatur. Sed id, est supervacuum, nisi est intolerabilis dolor: que est satius, abstinere a cibo; (que) etiam a potione, si potest fieri; si non potest (abstinere), bibere aquam. Si dolor remanet postero die, ducere alvum, (que) evocare sternutamenta, assumere nihil, nisi

TRANSLATION.

or heat, or a scorching sun. All these pains are sometimes accompanied with, and sometimes without fever; sometimes in the whole orbit, sometimes in a part; sometimes it extends even with excruciating torment to the contiguous part of the face.

Besides these, there is another genus to be met with, which may become chronic: this is when a fluid distends the skin, the part appears tumefied and yields to the pressure of the finger: the Greeks call this hydrocephalus. I have already treated of these kinds mentioned in the second place, when the complaint is light, where I have explained those methods to be observed by people in ordinary health having some partial weakness. Also the requisite remedies when head-ache is accompanied with fever, have been explained in that part which came under the treatment of fevers. Now I shall proceed with the others.

The first step to be taken with that which is acute, and that which is unusually violent, and that arising from some sudden cause, although not fatal, yet being very severe, is to let blood. But that remedy is unnecessary, unless the pain be insupportable: and it is advisable to abstain from food; and also from drink if possible; if not, to drink water. If on the following day the pain still remain, let the bowels be relieved by injection; sneezing be excited; and nothing taken but

assumere, nisi aquam. Sæpe enim dies unus aut alter totum dolorem hac ratione discutit; utique si ex vino vel cruditate origo est.

Si vero in his auxilii parum est, tonderi oportet ad cutem: deinde considerandum est, quæ causa dolorem excitarit. Si calor, aqua frigida multa perfundere caput expedit: spongiam concavam imponere, subinde in aqua frigida expressam: ungere rosa et aceto, vel potius his tinctam lanam succidam imponere, aliave refrigerantia cataplasmata.

At si frigus nocuit, caput oportet perfundere aqua calida marina, vel certe salsa, aut in qua laurus decocta sit: tum caput vehementer perfricare: deinde calido oleo implere et veste velare. Quidam etiam id devinciunt; alii cervicalibus vestimentisque onerant, et sic levantur; alios calida cataplasmata adjuvant. Ergo etiam, ubi causa incognita est, videre oportet, refrigerantia magis, an calefacientia leniant, et iis uti, quæ experimentum approbarit.

At si parum causa discernitur, perfundere caput, primum aqua calida, sicut supra præceptum est, vel salsa, vel ex lauro decocta; tum frigida posca.

ORDO.

aquam. Enim unus aut alter dies sæpe discutit totum dolorem hac ratione; utique, si origo est ex vino vel cruditate.

Vero si est parum auxilii in his, oportet tondere ad cutem: deinde est considerandum, quæ causa excitarit dolorem. Si calor (est causa) expedit perfundere multa frigida aqua caput: imponere concavam spongiam, subinde expressam frigida aqua: ungere rosa et aceto, vel potius imponere succidam lanam tinctam his, ve alia refrigerantia cataplasmata.

At si frigus nocuit, oportet perfundere calida marina aqua caput, vel certe salsa, aut (aqua) in qua laurus sit decocta: tum perfricare caput vehementer: deinde implere calido oleo et velare veste. Quidam etiam devinciunt id; alii onerant cervicalibus que vestimentis, et sic levantur; calida cataplasmata adjuvant alios. Ergo etiam, ubi causa est incognita, oportet videre, an refrigerantia leniant magis, (an) calefacientia, et uti iis, quæ experimentum approbarit.

At si causa discernitur parum, (est) perfundere caput, primum calida aqua, sicut est præceptum supra, vel salsa (aqua), vel decocta ex lauro; tum frigida posca.

TRANSLATION.

water: for this treatment often removes the pain in a day or two; especially if it arose from wine or indigestion.

But if these remedies have afforded but little relief, the hair should be cut close to the scalp: then we should consider well the exciting cause of pain. If heat, it is expedient to pour plenty of cold water over the head; to apply a concave sponge occasionally expressed out of cold water; to annoint with rose oil and vinegar, or rather lay on rancid wool dipped in these, or some refrigerant cataplasms.

But if cold have brought on the malady, it will be proper to pour warm sea water upon the head, or at least salt water, or water in which laurel has been boiled: then to rub the head smartly; afterwards to drench it with warm oil, and to cover it. Some even bind it up; others load it with neckcloths (2), or napkins, and are in this way relieved; others find relief in warm cataplasms: and when the cause is unknown, it is proper to try, whether refrigerants, or calefacients give most relief, and to select those which experience shall have approved of.

But if the cause be obscure, it is proper to drench the head first with warm water, as above prescribed, or with salt water, or laurel water; then with cold

Illa in omni vetusto capitis dolore communia sunt: sternutamenta excitare, inferiores partes vehementer perfricare, gargarizare iis, quæ salivam movent, cucurbitulas temporibus et occipitio admovere, sanguinem ex naribus detrahere, resina subinde tempora pervellere, et imposito sinapi exulcerare ea, quæ male habent, ante linteolo subjecto, ne vehementer arrodat, candentibus ferramentis, ubi dolor est, ulcera excitare, cibum permodicum cum aqua sumere: ubi levatus est dolor, in balneum ire, ibi multa aqua prius calida, deinde frigida per caput perfundi: si discussus ex toto dolor est, etiam ad vinum reverti; sed postea semper, antequam quidquam aliud, aquam bibere.

Dissimile est id genus, quod humorem in caput contrahit. In hoc tondere ad cutem necessarium est; deinde imponere sinapi, sic, ut exulceret: si id parum profuit, scalpello utendum est. Illa cum hydropicis communia sunt, ut exerceatur, insudet, vehementer perfricetur, cibis potionibusque utatur urinam præcipue moventibus.

2. Circa faciem vero morbus innascitur, quem Græci κυνικὸν σπασμὸν nomi-

ORDO.

Illa sunt communia in omni vetusto dolore capitis: excitare sternutamenta, perfricare inferiores partes vehementer, gargarizare iis, quæ movent salivam, admovere cucurbitulas temporibus et occipitio, detrahere sanguinem ex naribus, pervellere tempora subinde resina, et exulcerare ea sinapi imposito, quæ habent male, linteolo subjecto ante, ne arrodat vehementer, ubi est dolor, excitare ulcera, candentibus ferramentis, sumere modicum cibum cum aqua: ubi dolor est levatus, ire in balneum, ibi caput perfundi multa calida aqua prius, deinde frigida. Si dolor est discussus ex toto, etiam reverti ad vinum; sed postea bibere aquam semper, antequam quidquam aliud.

Id genus est dissimile, quod contrahit humorem in caput. In hoc est necessarium tondere ad cutem: deinde imponere sinapi, sic ut exulceret: si id profuit parum, est utendum scalpello. Illa sunt communia cum hydropicis, ut exerceatur, insudet, perfricetur vehementer, que præcipue utatur cibis (que) potionibus moventibus urinam.

2. Vero morbus innascitur circa faciem, quem Græci nominant κυνικὸν σπασμὸν (cynicus spasmus);

TRANSLATION.

vinegar and water. The following are of universal application in all chronic pains of the head: to excite sneezing, to rub the lower extremities briskly, to gargle with those things which promote the saliva, to apply the cupping glasses to the temples and occiput, to extract blood from the nostrils (3), to vellicate the temples occasionally with resin, and to blister those parts which have been affected, with sinapisms, first applying a bit of lint below, lest it should corrode violently; to ulcerate those parts where the pain is with hot irons; and to eat very moderately, and drink water: when the pain has been relieved, to go into a bath, there to have plenty of warm water poured over the head, then cold. If the pain be entirely removed, he may return to the use of wine; but afterwards, to drink water always, before any thing else.

That is a different species, in which there is a collection of fluid in the head. Here it is necessary to cut the hair close to the scalp: then sinapisms to be applied, in order to excite ulceration: if that appear to have done but little good, incisions should be made with a scalpel. The following remedies are of general application in dropsical cases, let the patient be exercised, that he may perspire, and to be rubbed forcibly, and to select that food and drink, best calculated to promote the urine.

2. There is a disease incident to the face, which the Greeks have named the

nant. Is cum acuta fere febre oritur; os cum motu quodam pervertitur; ideoque nihil aliud est, quam distentio oris. Accedit crebra coloris in facie totoque corpore mutatio; somnus in promptu est. In hoc sanguinem mittere optimum est: si finitum eo malum non est, ducere alvum: si ne sic quidem discussum est, albo veratro vomitum movere.

Præter hæc necessarium est vitare solem, lassitudinem, vinum. Si discussum his non est, utendum est cursu; frictione in eo, quod læsum est, leni et multa; in reliquis partibus breviore, sed vehementi. Prodest etiam movere sternutamenta; caput radere; idque perfundere aqua calida, vel marina, vel certe salsa, sic, ut ei sulphur quoque adjiciatur; post perfusionem iterum perfricari; sinapi manducare; eodemque tempore affectis oris partibus ceratum, integris idem sinapi, donec arrodat, imponere. Cibus aptissimus ex media materia est.

3. At si lingua resoluta est, quod interdum per se, interdum ex morbo aliquo fit, sic, ut sermo hominis non explicetur; oportet gargarizare ex aqua, in qua vel thymum, vel hyssopum, vel nepeta decocta sit; aquam bibere;

ORDO.

Is oritur fere cum acuta febre. Os pervertitur cum quodam motu, que ideo est nihil aliud, quam distentio oris. Crebra mutatio coloris accedit in facie que toto corpore; somnus est in promptu. In hoc est optimum mittere sanguinem. Si malum non est finitum eo, ducere alvum: si ne quidem est discussum sic, movere vomitum albo veratro.

Præter hæc est necessarium vitare solem, lassitudinem, vinum. Si non est discussum his, est utendum cursu; et leni (et) multa frictione in eo, quod est læsum; in reliquis partibus breviore, sed vehementi. Etiam prodest movere sternutamenta; radere caput; que perfundere calida, vel marina, vel certe salsa aqua id, sic ut quoque sulphur adjiciatur ei; post perfusionem perfricare iterum; manducare sinapi; que eodem tempore imponere ceratum affectis partibus oris, item (imponere) sinapi integris (partibus), donec arrodat. Aptissimus cibus est ex media materia.

3. At si lingua est resoluta, quod interdum fit per se, interdum ex aliquo morbo, sic, ut sermo hominis non explicetur; oportet gargarizare ex aqua, in qua vel thymum, vel hyssopum, vel nepeta sit decocta; bibere aquam;

TRANSLATION.

cynic spasm. It is generally accompanied with an acute fever; the mouth being distorted by a certain morbid action; and on that account is nothing else than a convulsion of the mouth. A frequent change of colour takes place in the face and whole body, with a great propensity to sleep. The best remedy in this disease is to let blood: if the disease be not terminated by that, to give an injection; and if this also have failed to discuss the malady, to excite vomiting by white hellebore.

Besides all these, it is necessary to avoid the sun, lassitude, and wine. If the disease have resisted all these, running must be tried; with gentle and long continued friction on the part affected; but for a shorter space and more violent on the other parts. It is also beneficial to excite sneezing; to shave the head; and to pour either warm sea water over it, or at least sulphurated salt water; after this affusion he is to be rubbed again; to masticate mustard, at the same time to apply cerate to the affected parts, and mustard to the sound, until it blisters. The most proper food will be from the middle class.

3. But if the tongue be paralysed, so as to obstruct the pronunciation, which sometimes happens spontaneously, sometimes the effect of another disease, it will be necessary to gargle with a decoction of thyme, or of hyssop, or of cat-mint; to

caput, et os, et ea, quæ sub mento sunt, et cervicem vehementer perfricare; lasere linguam ipsam linere; manducare, quæ sunt acerrima, id est sinapi, allium, cepam; magna vi luctari, ut verba exprimantur; exerceri retento spiritu; caput sæpe aqua frigida perfundere; nonnumquam multam esse radiculam, deinde vomere.

4. Destillat autem humor de capite interdum in nares, quod leve est; interdum in fauces, quod pejus est; interdum etiam in pulmonem, quod pessimum est. Si in nares destillavit, tenuis per has pituita profluit, caput leviter dolet, gravitas ejus sentitur, frequentia sternutamenta sunt. Si in fauces, has exasperat, tussiculam movet. Si in pulmonem, præter sternutamenta, et tussim, est etiam capitis gravitas, lassitudo, sitis, æstus, biliosa urina.

Aliud autem, quamvis non multum distans, malum, gravedo est. Hæc nares claudit, vocem obtundit, tussim siccam movet: sub eadem salsa est saliva, sonant aures, venæ moventur in capite, turbida urina est. Hæc omnia κορύζας Hippocrates nominat: nunc

ORDO.

perfricare caput, et os, et ea, quæ sunt sub mento, et cervicem vehementer; linere linguam ipsam lasere; manducare, quæ sunt acerrima, id est sinapi, allium, cepam: luctari magna vi, ut verba exprimantur: exerceri spiritu retento, perfundere caput sæpe frigida aqua; nonnumquam esse multam radiculam, deinde vomere.

4. Autem interdum humor destillat in nares de capite, quod est leve; interdum in fauces, quod est pejus; etiam interdum in pulmonem, quod est pessimum. Si destillavit in nares, tenuis pituita profluit per has, caput dolet leviter, gravitas ejus sentitur, sunt frequentia sternutamenta. Si (destillavit) in fauces, exasperat has, movet tussiculam. Si (destillavit) in pulmonem, præter sternutamenta et tussim, est etiam gravitas capitis, lassitudo, sitis, æstus, biliosa urina.

Autem gravedo est aliud malum quamvis non multum distans. Hæc claudit nares, obtundit vocem, movet siccam tussim: vero sub eadem saliva est salsa, aures sonant, venæ moventur in capite, urina est turbida. Hippocrates nominat

TRANSLATION.

drink water; to rub the head and face, and those parts which are under the chin and neck briskly; to besmear the tongue itself with assafœtida: to chew the most acrid things, such as mustard, garlick, onion; let his utmost efforts be exercised in expressing the words distinctly; during exercise to retain his breathing; cold affusion to be applied frequently to the head; sometimes to eat liberally of radishes, and then to vomit.

4. Sometimes there is a humour discharged from the head into the nose, which is only a slight inconvenience; sometimes into the fauces, which is worse; sometimes even into the lungs, which is the worst of all. If it have dropped down into the nostrils, a slight discharge takes place from them, a slight pain is felt in the head with a sensation of heaviness, and sneezings are frequent. If upon the fauces, it irritates them, and excites a slight cough. If into the lungs, besides the sneezings and cough, there is also a heaviness of the head, lassitude, thirst, heat, and bilious urine.

But a gravedo, although it does not differ much, is nevertheless another disease. This obstructs the nostrils, renders the voice obtuse, and excites a dry cough: at the same time the saliva is salt, there is a noise in the ears, the veins (*arteries*) of the head are excited, and the urine is turbid. Hippocrates named all these affec-

video apud Græcos in gravedine hoc nomen servari; destillationem, καταστάγμὸν appellari.

Hæc autem et brevia, et si neglecta sunt, longa esse consuerunt. Nihil pestiferum est, nisi quod pulmonem exulceravit. Ubi aliquid ejusmodi sensimus, protinus abstinere a sole, balneo, vino, venere debemus: inter quæ unctione, et assueto cibo nihilominus uti licet. Ambulatione tantum acri, sed tecta utendum est, et post eam caput atque os supra quinquagies perfricandum. Raroque fit, ut si biduo, vel certe triduo nobis temperavimus, id vitium non levetur.

Quo levato, si in destillatione crassa facta pituita est, vel in gravedine nares magis patent, balneo utendum est, multaque aqua prius calida, post egelida, fovendum os, caputque; deinde cum cibo pleniore vinum bibendum. At si æque tenuis quarto die pituita est, vel nares æque clausæ videntur, assumendum est vinum Aminæum austerum; deinde rursus biduo aqua; post quæ ad balneum, et ad consuetudinem revertendum est.

Neque tamen illis ipsis diebus, quibus aliqua omittenda sunt, expedit

ORDO.

omnia hæc κορύζας (coryza): nunc video hoc nomen servari in gravedine apud Græcos: destillationem, appellari καταστάγμὸν (catastagmus).

Autem et hæc consuerunt esse brevia, et si sunt neglecta, longa. Nihil est pestiferum, nisi quod exulceravit pulmonem. Ubi sensimus aliquid ejusmodi, debemus protinus abstineri a sole, balneo, vino, venere: inter quæ nihilominus licet uti unctione, et assueto cibo. Est tantum utendum acri ambulatione, sed tecta, et post eam caput atque os (est) perfricandum supra quinquagies. Que raro fit, ut id vitium non levetur nobis, si temperavimus biduo, ve certe triduo.

Quo levato, si pituita est facta crassa in destillatione, vel nares magis patent, in gravedine, est utendum balneo, que os fovendum que caput, multa aqua prius calida, post egelida; deinde bibendum vinum cum pleniore cibo. At si pituita est æque tenuis quarto die, vel nares videntur æque clausæ, est assumendum Aminæum vinum, austerum; deinde aqua (est assumenda) rursus biduo, post quæ est revertendum ad balneum, et ad consuetudinem.

Neque tamen expedit agere tamquam ægros, illis diebus ipsis, quibus aliqua sunt omit-

TRANSLATION.

tions "CORYZÆ": I observe that this term is now applied by the Greeks to gravedo, and catarrhs are called by them catastagmi.

These are common affections, and generally of short duration, and if they be neglected, may continue long. None of them are dangerous, unless they produce ulceration of the lungs. Whenever we feel any thing of this kind we should immediately avoid the sun, the bath, wine, and venery: at the same time unction may be used, and the usual diet. The patient must be exercised by brisk walking, but under a cover, and after that the head and face to be rubbed at least fifty times. And it seldom happens, if we have restrained ourselves for two or three days at most, that the disease is not mitigated.

This relief being obtained, if in catarrh the rheum become thick, or in a gravedo, the nostrils are more free, the bath may be employed then, and the head and face freely fomented, first with warm water, afterwards with tepid; after which, wine may be given and a more liberal diet. But if the discharge be equally thin on the fourth day, or the nostrils appear no less obstructed, austere Aminæan(4) wine should be taken; afterwards water to be given for two days again; after which he may return to the bath, and his ordinary habits.

Neither is it expedient to confine the patient to the strict regimen of an invalid

tamquam ægros agere; sed cetera omnia quasi sanis facienda sunt, præterquam si diutius aliquem, et vehementius ista solicitare consuerunt: huic enim quædam curiosior observatio necessaria est. Igitur huic, si in nares vel in fauces destillavit, præter ea, quæ supra retuli, protinus primis diebus multum ambulandum est; perfricandæ vehementer inferiores partes; levior frictio adhibenda thoraci erit; levior capiti; demenda assueto cibo pars dimidia; sumenda ova, amylum, similiaque, quæ pituitam faciunt crassiorem; siti contra, quanta maxima sustineri potest, pugnandum.

Ubi per hæc idoneus aliquis balneo factus, eoque usus est, adjiciendus est cibo pisciculus, aut caro; sic tamen, ne protinus justus modus cibi sumatur: vino meraco copiosius utendum est. At si in pulmonem quoque destillat, multo magis et ambulatione et frictione opus est; eademque adhibita ratione in cibis, si non satis illi proficiunt, acrioribus utendum est; magis somno indulgendum, abstinendumque a negotiis omnibus; aliquando, sed serius, balneum tentandum.

ORDO.

tenda; sed omnia cetera sunt facienda quasi sanis, præterquam si ista consueverunt sollicitare aliquem diutius, et vehementius: enim huic quædam curiosior observatio est necessaria. Igitur si destillavit in nares vel in fauces, præter ea, quæ retuli supra, multum ambulandum est huic protinus primis diebus; inferiores partes perfricandæ vehementius; levior frictio erit adhibenda thoraci; levior capiti; dimidia pars demenda assueto cibo; ova, amylum, que similia, quæ faciunt crassiorem pituitam, sumenda; pugnandum (est) contra siti, quanta maxima potest sustineri.

Ubi per hæc aliquis est factus idoneus balneo, que est usus eo, pisciculus est adjiciendus cibo, aut caro; sic tamen, ne sumatur protinus (quam) justus modus cibi: utendum est copiosius meraco vino. At si destillat in pulmonem quoque, est opus multo magis et ambulatione, et frictione; que eadem ratione adhibita in cibis, si illi non proficiunt satis, utendum est acrioribus; indulgendum (est) magis somno, que abstinendum ab omnibus negotiis; aliquando, balneum tentandum (est), sed serius.

TRANSLATION.

even on those days, on which some things are prohibited; but in every other respect, as if they were in ordinary health, except that person, who is more liable to be attacked longer and more severely by these complaints: for such, a more particular treatment will be requisite. Therefore, when the defluxion of humours have descended into the nostrils or fauces, besides those things which I have stated above, the patient should walk much on the first days of his indisposition: to rub the inferior parts briskly, the friction must be more gentle on the chest, and gentler still on the head: his usual diet must be diminished by one half: eggs, starch, and similar nutrients should be taken which generate a thicker phlegm; he must resist thirst to the utmost of his ability.

When a patient has been rendered a fit subject for the bath by these means, and has used it, a little fish may be added to his food, or even flesh, provided that he do not take his ordinary quantity at once: pure wine may be taken more liberally. But if the disease fall upon the lungs, there is a greater necessity for walking, and friction; and the same attention paid to the food; if these things have not the desired effect, he must use more powerful stimulants; to indulge more in sleep, and to abstain from all business; sometimes to try a bath, but at a later period.

In gravedine autem, primo die quiescere, neque esse, neque bibere, caput velare, fauces lana circumdare: postero die surgere, abstinere a potione, aut, si res coegerit, non ultra heminam aquæ assumere: tertio die panis non ita multum ex parte interiore cum pisciculo, vel levi carne sumere, aquam bibere: si quis sibi temperare non potuerit, quo minus pleniore victu utatur, vomere: ubi in balneum ventum est, multa calida aqua caput et os fovere usque ad sudorem: tum ad vinum redire. Post quæ vix fieri potest, ut idem incommodum maneat: sed si manserit, utendum erit cibis frigidis, aridis, levibus, humore quam minimo, servatis frictionibus exercitationibusque, quæ in omni tali genere valetudinis necessariæ sunt.

ORDO.

Autem in gravedine (debet) quiescere primo die, neque esse, neque bibere, velare caput, circumdare fauces lana: postero die surgere, abstinere a potione, aut, si res coegerit, non assumere ultra heminam aquæ: tertio die, non sumere ita multum panis, ex interiore parte, cum pisciculo, vel levi carne, bibere aquam: si quis non potuerit temperare sibi, quo utatur minus pleniore victu, vomere: ubi ventum est in balneum, fovere caput et os multa calida aqua usque ad sudorem: tum redire ad vinum. Post hæc vix potest fieri, ut idem incommodum maneat: sed si manserit, erit utendum cibis, frigidis, aridis, levibus, humore quam minimo, frictionibus que exercitationibus servatis, quæ sunt necessariæ in omni genere valetudinis.

TRANSLATION.

But in a gravedo it will be necessary to enjoin rest on the first day, neither to eat nor drink, to cover the head, and to surround the throat with wool (*flannel*): on the following day to rise, and to refrain from drink, or, if the necessity of the case be urgent, not to exceed a hemina (5) of water: on the third day to take a little of the crumb of bread, with a small fish, or light flesh, and to drink water: if a person cannot restrain himself from eating freely, he must vomit: when he is about to take a bath, let him foment his head and face with plenty of warm water until perspiration comes on: after this he may resume his wine. After which it rarely happens, that the same indisposition shall remain: but if it should, it will be necessary to give cold, dry, light food, with as little liquid as possible, the friction and exercise being still continued, which are necessary in every complaint of this nature.

CAP. III.

DE CERVICIS MORBIS.

A CAPITE transitus ad cervicem est; quæ gravibus admodum morbis obnoxia

ORDO.

CAP. III.

DE MORBIS CERVICIS.

TRANSITUS est a capite ad cervicem; quæ est admodum ob-

TRANSLATION.

CHAP. III.

DISEASES OF THE NECK.

FROM the head we pass to the neck, which is subject to very severe diseases.

est. Neque tamen alius importunior acutiorque morbus est, quam is, qui quodam rigore nervorum, modo caput scapulis, modo mentum pectori adnectit, modo rectam et immobilem cervicem intendit. Priorem Græci ὀπισθότονον, insequentem ἐμπροσθότονον, ultimum τέτανον appellant: quamvis minus subtiliter quidam indiscretis his nominibus utuntur. Ea sæpe intra quartum diem tollunt; si hunc evaserunt, sine periculo sunt.

Eadem omnia ratione curantur; idque convenit. Sed Asclepiades utique mittendum sanguinem credidit: quod quidam utique vitandum esse dixerunt, eo quod maxime tum corpus calore egeret; isque esset in sanguine. Verum hoc quidem falsum est. Neque enim natura sanguinis est, ut utique caleat; sed ex iis, quæ in homine sunt, hic celerrime vel calescit, vel refrigescit. Mitti vero nec ne debeat, ex iis intelligi potest, quæ de sanguinis missione præcepta sunt. Utique autem recte datur castoreum, et cum hoc piper, vel laser: deinde opus est fomento humido et calido: itaque plerique aqua calida multa cervices subinde perfundunt. Id in

ORDO.

noxia gravibus morbis. Neque tamen est alius morbus importunior que acutior, quam is, qui quodam rigore nervorum, modo annectit caput scapulis, modo mentem pectori, modo intendit cervicem rectam et immobilem. Græci appellant priorem ὀπισθότονον, (opisthotonos,) insequentem ἐμπροσθότονον, (emprosthotonos,) ultimum, τέτανον (tetanus): quamvis quidam minus subtiliter utuntur his nominibus indiscretis. Ea tollunt sæpe intra quartum diem: si evaserunt hunc, sunt sine periculo.

Omnia curantur eadem ratione; que id convenit. Sed Asclepiades credidit sanguinem esse mittendum utique: quod quidam dixerunt esse vitandum utique, eo, quod corpus tum egeret calore maxime; que is esset in sanguine. Verum hoc est falsum quidem. Enim est neque natura sanguinis, ut caleat utique; sed ex iis quæ sunt in homine, hic vel calescit celerrime, vel refrigescit. Vero, (an) debeat mitti necne, potest intelligi ex iis, quæ sunt præcepta de missione sanguinis. Autem utique castoreum datur recte, et cum hoc piper, vel laser: deinde opus est humido et calido fomento: itaque plerique perfundunt cervices multa calida aqua subinde. Id levat in præ-

TRANSLATION.

Neither is there a more troublesome nor more acute disease than that, which by a certain rigor of the nerves, sometimes attaches the head to the shoulders, sometimes the chin to the breast, sometimes stretches the neck straight and immoveable. The Greeks have named the first opisthotonos, the second emprosthotonos, and the last tetanus: although some less skilfully apply these terms indiscriminately. These often carry off the patient within four days; if they get over that time there will be no danger.

All these forms are to be treated in the same way; and thus far they are unanimous. But Asclepiades considered blood-letting to be essentially necessary; which remedy is condemned by some, and above all others to be avoided, for this reason, that the body then stood much in need of warmth, and this is contained in the blood. This indeed is false: for it is not the peculiar property of the blood to become hot: but this, above all other substances which compose the human frame, most rapidly grows either cold or hot. But whether it ought to be taken or not, may be learned from what I have already said on blood-letting. At all events castor, either with pepper or assafœtida, may be given with propriety: then a moist and warm fomentation will be necessary: therefore most physicians pour plenty of warm water occasionally on the neck. That relieves for a time, but

præsentia levat; sed opportuniores nervos frigori reddit: quod utique vitandum est.

Utilius igitur est, cerato liquido primum cervicem perungere; deinde admovere vesicas bubulas vel utriculos oleo calido repletos, vel ex farina calidum cataplasma, vel piper rotundum cum ficu contusum. Utilissimum tamen est, humido sale fovere: quod quomodo fieret, jam ostendi. Ubi eorum aliquid factum est, admovere ad ignem, vel si æstas est, in sole ægrum oportet; maximeque oleo vetere; si id non est, Syriaco; si ne id quidem est, adipe quam vetustissima cervicem et scapulas, et spinam perfricare.

Frictio cum omnibus in homine vertebris utilis sit, tum iis præcipue, quæ in collo sunt. Ergo die noctcque, interpositis tamen quibusdam temporibus, hoc remedio utendum est; dum intermittitur, imponendum malagma aliquod ex calefacientibus. Cavendum vero præcipue frigus; ideoque in eo conclavi, quo cubabit æger, ignis continuus esse debebit, maximeque tempore antelucano, quo præcipue frigus intenditur.

Neque inutile erit, caput attonsum habere, idque irino vel cyprino calido

ORDO.

sentia; sed reddit nervas opportuniores frigori; quod est utique vitandum.

Igitur est utilius, primum perungere cervicem liquido cerato; deinde admovere vesicas bubulas vel utriculos repletos calido oleo, vel calidum cataplasma ex farina, vel rotundum piper contusum cum ficu. Tamen utilissimum est, fovere humido sale: quod ostendi jam, quomodo fieret. Ubi aliquid eorum est factum, oportet admovere ægrum ad ignem, vel si est æstas, in sole; que perfricare cervicem et scapulas, et maxime spinam, vetere oleo; si id non est, Syriaco; si id ne quidem est, quam vetustissima adipe.

Cum frictio sit utilis omnibus vertebris in homine, tum præcipue iis, quæ sunt in collo. Ergo utendum est hoc remedio nocteque die, tamen quibusdam temporibus interpositis; dum intermittitur, aliquod malagma imponendum ex calefacientibus. Vero frigus cavendum præcipue: que ideo debebit esse continuus ignis in eo conclavi in quo æger cubabit, que maxime tempore antelucano, quo frigus præcipue intenditur.

Neque erit inutile, habere caput attonsum, que id madefacere calido irino vel cyprino, et velare

TRANSLATION.

renders the nerves more susceptible of cold, which ought to be particularly avoided.

Therefore it is more proper to anoint the neck first with liquid cerate (6): then to apply ox bladders, or bottles filled with hot oil, or a warm meal poultice, or round pepper bruised with figs. Yet the most useful as a fomentation is moist salt: the modus operandi I have already shewn. When any of these means has been adopted, it behoves us to place the sick person near the fire, or if in summer, in the sun; and to rub the neck and shoulders, and especially the spine, with old oil; if that is not to be had, with Syrian; if not even this last be at hand, with the oldest fat.

Since friction may be usefully applied to all the vertebræ of the spine, it is particularly so to those which are in the neck. Therefore this remedy should be applied both by day and night; but with occasional intermissions; during which, some calefacient malagma must be resorted to. Cold must be avoided above all things. On this account a fire must be kept constantly in the patient's bedchamber, and particularly about the break of day, at which time the cold is more intense.

Neither will it be improper to have the hair removed from the head, and to

madefacere, et superimposito pileo velare; nonnumquam etiam in calidum oleum totum descendere, vel in aquam calidam, in qua fœnum græcum decoctum sit, et adjecta olei pars tertia. Alvus quoque ducta sæpe superiores partes resolvit.

Si vero etiam vehementius dolor crevit, admovendæ cervicibus cucurbitulæ sunt, sic, ut cutis incidatur: eadem aut ferramentis, aut sinapi adurenda. Ubi levatus est dolor, moverique cervix cœpit, scire licet, cedere remediis morbum. Sed diu vitandus cibus, quisquis mandendus est. Sorbitionibus utendum, itemque ovis sorbilibus, aut mollibus; jus aliquod assumendum. Id si bene processerit, jamque ex toto recte se habere cervices videbuntur, incipiendum erit a pulticula, vel intrita bene madida. Celerius tamen etiam panis mandendus, quam vinum gustandum: siquidem hujus usus præcipue periculosus; idoque in longius tempus differendus est.

ORDO.

superimposito pileo; etiam descendere totum nonnumquam in calidum oleum, vel in calidam aquam, in qua fœnum græcum sit decoctum, et tertia pars olei adjecta. Alvus ducta quoque sæpe resolvit superiores partes.

Vero si etiam dolor crevit vehementius, cucurbitulæ sunt admovendæ cervicibus, sic, ut cutis incidatur: eadem adurenda aut ferramentis, aut sinapi. Ubi dolor est levatus, que cervix cœpit moveri, licet scire, morbum cedere remediis. Sed cibus vitandus diu, quisquis est mandendus. Utendum sorbitionibus, que item sorbilibus, aut mollibus ovis; aliquod jus assumendum. Si id processerit bene, que cervices videbuntur jam habere se recte ex toto, erit incipiendum a pulticula, vel bene madida intrita. Tamen etiam panis mandendus celerius quam vinum gustandum: siquidem usus hujus præcipue periculosus; que ideo est differendus in longius tempus.

TRANSLATION.

moisten it with warm iris oil, or with that of cypress, and to cover it with a cap; also to descend at times entirely into a bath of warm oil, or in a warm decoction of fœnugreek, to which one third part of oil has been added. The superior parts are often relieved by unloading the bowels.

But if the pain have increased in violence, the cupping-glasses should be applied on the neck, the parts being previously incised: and the same part should be scorched either by the actual cautery or vesicated by sinapisms. When the pain has been relieved, and the neck has begun to be moved, it is reasonable to conclude, that the disease is yielding to the remedies. But every kind of food requiring mastication must be avoided for a long time. Let him live on gruels, eggs, poached, or soft, and some broths may be taken. If this mode of treatment have proceeded favourably, and the neck shall appear to be entirely well, we must begin with panada, or very thin intrita. But bread may be masticated before the patient can venture on wine: for the use of this last, is highly dangerous, and on that account must be deferred for a longer time.

CAP. IV.

DE MORBIS FAUCIUM: ET PRIMUM DE ANGINA.

1. Ut hoc autem morbi genus circa totam cervicem; sic alterum, æque pestiferum acutumque, in faucibus esse consuevit. Nostri anginam vocant: apud Græcos nomen, prout species est. Interdum enim neque rubor, neque tumor ullus apparet; sed corpus aridum est, vix spiritus trahitur, membra solvuntur: id συνάγχην vocant.

Interdum lingua faucesque cum rubore intumescunt, vox nihil significat, oculi vertuntur, facies pallet, singultusque est: id κυνάγχη vocatur. Illa communia sunt; æger non cibum devorare, non potionem potest; spiritus ejus intercluditur. Levius est, ubi tumor tantummodo et rubor est, cetera non sequuntur: id παρασυνάγχην appellant.

Quidquid est, si vires patiuntur, sanguis mittendus est, si non abundat: secundum est, ducere alvum. Cucurbitula quoque recte sub mento, et circa

ORDO.

CAP. IV.

DE MORBIS FAUCIUM: ET PRIMUM DE ANGINA.

1. Autem ut hoc genus morbi consuevit esse circa totam cervicem; sic alterum æque pestiferum que acutum in faucibus. Nostri vocant anginam: apud Græcos, nomen est prout species. Enim interdum neque ullus rubor, neque tumor apparet; sed corpus est aridum, spiritus vix trahitur, membra solvuntur. Vocant id συνάγχην (synanche).

Interdum lingua que fauces intumescunt cum rubore, vox significat nihil, oculi vertuntur, facies pallet, que est singultus: vocatur κυνάγχη (cynanche). Illa sunt communia; æger non potest devorare cibum, non (potest) potionem; spiritus ejus intercluditur. Est levius, ubi est tantummodo rubor et tumor, cætera non sequuntur: appellant id παρασυνάγχην (parasynanche).

Quidquid est, sanguis est mittendus, si vires patiuntur, si non abundat: secundum, est ducere alvum. Quoque cucurbitula admovetur sub mento, et

TRANSLATION.

CHAP. IV.

THE DISEASES OF THE FAUCES: AND FIRST OF ANGINA.

1. As the disease last treated of is accustomed to occupy the entire neck, so there is another, equally pestiferous and acute, arises in the fauces. Our countrymen call it angina (*quinsy*). Among the Greeks the name varies according to the species. For sometimes neither redness, nor tumour appears: but the body is arid, the breathing difficult, the limbs are relaxed: this they call synanchè (8).

Sometimes the tongue is red and swollen, the voice is gone, the eyes are turned, the face is pale and there is hiccough: this is called cynanche. These symptoms are common to both: the patient is not able to swallow either food or drink; and his breathing is impeded. It takes a milder form, when there are only swelling and redness, the other symptoms being absent: this they call parasynanchè.

Whatever species it may be, blood must be let, if the strength of the patient permit, even although it be not abundant: then we must relieve the bowels by enema. It is also proper to apply a cupping glass below the chin, and over the fauces, in

fauces admovetur; ut id, quod strangulat, evocet. Opus est deinde fomentis humidis: nam sicca spiritum elidunt. Ergo admovere spongias oportet; quæ melius in calidum oleum, quam in calidam aquam subinde demittuntur: efficacissimusque est hic quoque, salis calidus succus. Tum commodum est, hyssopum, vel nepetam, vel thymum, vel absinthium, vel etiam furfures, aut ficus aridas, cum mulsa aqua decoquere, eaque gargarizare: post hæc palatum ungere vel felle taurino, vel eo medicamento, quod ex moris est. Polline etiam piperis id recte respergitur.

Si per hæc parum proficitur, ultimum est, incidere satis altis plagis sub ipsis maxillis supra collum, et in palato circa uvam, vel eas venas, quæ sub lingua sunt; ut per ea vulnera morbus erumpat. Quibus si non fuerit æger adjutus, scire licet, malo victum esse. Si vero his morbus levatus est, jamque fauces et cibum et spiritum capiunt, facilis ad bonam valetudinem recursus est.

Atque interdum natura quoque adjuvat, si ex angustiore sede vitium transit in latiorem: itaque rubore et tumore in præcordiis orto, scire licet fauces li-

ORDO.

circa fauces recte; ut evocet id, quod strangulat. Deinde est opus humidis fomentis: nam sicca elidunt spiritum. Ergo oportet admovere spongias; quæ dimittuntur melius subinde in calidum oleum, quam in calidam aquam: que calidus succus salis est quoque efficacissimus hic. Tum est commodum, decoquere hyssopum, vel nepetam, vel thymum, vel absinthium, vel etiam furfures, aut aridas ficus, cum mulsa, que gargarizare ea: post hæc ungere palatum vel taurino felle, vel eo medicamento, quod est ex moris. Etiam id respergitur recte polline piperis.

Si proficitur parum per hæc, est ultimum, incidere satis altis plagis sub maxillis ipsis, supra collum, et in palato circa uvam, vel (in) eas venas, quæ sunt sub lingua; ut morbus erumpat per ea vulnera. Quibus si æger non fuerit adjutus, licet scire, esse victum a malo. Si vero morbus est levatus his, que fauces jam capiunt et cibum et spiritum, recursus ad bonam valetudinem est facilis.

Atque interdum natura quoque adjuvat, si vitium transit ex angustiore sede in latiorem: itaque rubore et tumore orto in præcordiis, licet scire fauces li-

TRANSLATION.

order to extract the suffocating matter. Afterwards moist fomentations will be requisite; for dry ones oppress the breathing. Therefore sponges dipped occasionally in warm oil, rather than in hot water should be applied: and here too the warm juice of salt is most efficacious. Then we should gargle with a decoction of hyssop, or cat-mint, or thyme, or wormwood, or even bran, or dried figs in hydromel; after that to anoint the palate either with ox-gall, or with that medicine which is composed of mulberries. The pollen of pepper is very properly sprinkled on it.

If we have made but little progress by the foregoing means, the last remedy is to make free incisions under the inferior maxillary bones themselves, above the neck, and in the palate about the uvula, or in the sublingual veins; that the morbid humours may be thrown off by those wounds. From which, if the patient be not relieved, we may conclude that he is about to fall a victim to the disease. But if the disease be mitigated by these means and the fauces are capable of admitting both food and air, his recovery will be easy.

Sometimes nature also lends her aid, if the disease make a transit from a contracted to a more spacious situation: therefore a redness and swelling having

berari. Quidquid autem eas levarit, incipiendum est ab humidis, maximeque aqua mulsa decocta: deinde assumendi molles et non acres cibi sunt, donec fauces ad pristinum habitum revertantur.

Vulgo audio, si quis pullum hirundinis ederit, angina toto anno non periclitari; servatumque eum ex sale, cum is morbus urget, comburi, carbonemque ejus contritum in aquam mulsam, quæ potui datur, infriari, et prodesse. Id cum idoneos auctores ex populo habeat, neque habere quidquam periculi possit, quamvis in monumentis medicorum non legerim, tamen inserendum huic operi meo credidi.

2. Est etiam circa fauces malum, quod apud Græcos aliud aliudque nomen habet, prout se intendit. Omne in difficultate spirandi consistit: sed hæc dum modica est, neque ex toto strangulat, δύσπνοια appellatur: cum vehementior est, ut spirare æger sine sono et anhelatione non possit, ἄσθμα: cum accessit id quoque, ne nisi recta cervice spiritus trahatur, ὀρθόπνοια.

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berari. Autem quidquid levarit eas, est incipiendum ab humidis, que maxime decocta mulsa aqua: deinde molles et non acres cibi sunt assumendi, donec fauces revertantur ad pristinum habitum.

Audio vulgo, si quis ederit pullum hirundinis, angina non periclitari toto anno; que eum servatum ex sale, cum is morbus urget, comburi, que ejus carbonem infriari, et contritum in mulsam aquam, quæ datur potui, prodesse. Cum id habeat idoneos auctores ex populo, neque possit habere quidquam periculi, quamvis non legerim (id) in monumentis medicorum, tamen credidi inserendum huic meo operi.

2. Etiam est malum circa fauces, quod habet apud Græcos aliud que aliud nomen, prout intendit se. Omne consistit in difficultate spirandi; sed hæc dum est modica, neque strangulat ex toto, appellatur δύσπνοια (dyspnœa): cum est vehementior, ut æger non possit spirare sine sono et anhelatione, (appellatur) ἄσθμα (asthma): quoque cum id (asthma) accessit, spiritus ne trahatur, nisi recta cervice, (appellatur) ὀρθόπνοια (orthopnœa).

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arisen in the præcordia, we may conclude that the fauces are freed. But whatever has relieved them, the patient must begin with fluids, especially with boiled hydromel: then bland soft food, such as is not acrid, must be taken, until the fauces return to their former habit.

I have heard it vulgarly reported, that if a person eat a young swallow, he will be in no danger of angina during a whole year; and that it is beneficial, if this young swallow be preserved in salt, burned, and the carbon reduced to powder and given in hydromel when the patient is labouring under angina. Now as this remedy seems to have creditable authority among the common people, and to be attended with no danger, although I have not read of it in the records of physicians, yet I consider it worthy of being inserted in my work.

2. There is also a disease about the fauces, which has received different appellations among the Greeks according to its different degrees of violence. They all consist of a difficulty of breathing: but while this is moderate, and does not entirely suffocate, it is called dyspnœa: when it is more violent, so that the patient cannot respire without noise and panting, asthma: and when this difficulty has reached that degree, that respiration can only be performed in the erect position of the neck, orthopnœa.

Ex quibus id, quod primum est, potest diutius trahi; duo insequentia acuta esse consuerunt. His communia sunt: quod propter angustias, per quas spiritus evadit, sibilum edit, dolor in pectore præcordiisque est, interdum etiam in scapulis, isque modo decedit, modo revertitur; ad hæc tussicula accedit.

Auxilium est, nisi aliquid prohibet, in sanguinis detractione. Neque id satis est, sed lacte quoque venter solvendus est. Liquanda alvus, interdum etiam ducenda; quibus extenuatum corpus incipit spiritum trahere commodius. Caput autem etiam in lecto sublime habendum est: thorax fomentis, cataplasmatisque calidis, aut siccis, aut etiam humidis adjuvandus est; et postea vel malagma superimponendum, vel certe ceratum ex cyprino, vel irino unguento. Sumenda deinde jejuno potui mulsa aqua, cum qua vel hyssopus cocta, vel contrita capparis radix sit.

Delingitur etiam utiliter, aut nitrum, aut nasturtium album frictum, deinde contritum et cum melle mistum: simulque coquuntur mel, galbanum, resina terebinthina, et ubi coierunt, ex his,

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Ex quibus id, quod est primum, potest trahi diutius; duo insequentia consuerunt esse acuta. Communia (symptomata) his sunt: quod propter angustias, per quas spiritus evadit, edit sibilum, est dolor in pectore que præcordiis, interdum etiam in scapulis, que is modo decedit, modo revertitur; ad hæc tussicula accedit.

Est auxilium, in detractione sanguinis, nisi aliquid prohibet. Neque est id satis, sed venter est quoque solvendus lacte. Alvus (est) liquanda, interdum etiam ducenda; quibus extenuatum corpus incipit trahere spiritum commodius. Autem etiam caput est habendum sublime in lecto: thorax est adjuvandus fomentis, que calidis cataplasmatis, aut siccis, aut etiam humidis; et postea vel malagma, vel certe ceratum ex cyprino, (est) superimponendum, vel unguento irino. Deinde mulsa aqua, cum qua vel hyssopus, vel contrita radix capparis sit cocta, est sumenda potui jejuno.

Etiam aut nitrum, aut album nasturtium frictum, deinde contritum et mistum cum melle delingitur utiliter: que mel, galbanum, terebinthina resina coquuntur simul, et ubi coierunt,

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Of these, the first may be protracted for a very long time: the two following are generally acute. The symptoms common to these are, that on account of the constriction of the respiratory passage, the breath is emitted with a sibilous noise, there is pain in the chest and præcordia, sometimes also in the shoulders, and that sometimes departs, sometimes returns; in addition to these a slight cough accedes.

Now blood-letting is the remedy in this, unless contra-indicated by any circumstance. Neither is that of itself sufficient, but the bowels must be relaxed also with milk. The lower intestines (9) should be purged even by injections sometimes; by which means the body being extenuated, the patient begins to breathe more freely. But the head must be kept high in bed: the thorax should be relieved by fomentations, and hot cataplasms, either dry or moist: afterwards a malagma is to be applied, or at least cypress cerate, or iris ointment. After this hydromel may be given fasting as a drink, in which hyssop, or the bruised root of capers has been boiled.

It is useful also to take either nitre, or white cresses fried, then bruised and mixed up with honey and given in the form of an electuary: also honey, galbanum, and turpentine resin are to be boiled together, and when they have coalesced, in

quod fabæ magnitudinem habet, quotidie sub lingua liquatur: aut sulphuris ignem non experti p. ℋ. =. abrotoni p. ℋ. in vini cyatho teruntur, idque tepefactum sorbetur. Est etiam non vana opinio, vulpinum jecur, ubi siccum et aridum factum est, contundi oportere, polentamque ex eo potioni aspergi: vel ejusdem pulmonem quam recentissimum assum, sed sine ferro coctum, edendum esse.

Præterea, sorbitionibus et lenibus cibis utendum est; interdum vino tenui austero; nonnumquam vomitu. Prosunt etiam, quæcumque urinam movent: sed nihil magis, quam ambulatio lenta pene usque ad lassitudinem; frictio multa, præcipue inferiorum partium, vel in sole, vel ad ignem, et per seipsum, et per alios, usque ad sudorem.

3. In interiore vero faucium parte interdum exulceratio esse consuevit. In hac plerique extrinsecus cataplasmatis calidis, fomentisque humidis utuntur: volunt etiam vaporem calidum ore recipi: per quæ molliores alii partes eas fieri dicunt, opportunioresque vitio jam hærenti. Sed, si bene vitari frigus potest, tuta illa præsidia; si metus ejus est, supervacua sunt. Utique

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quod habet magnitudinem fabæ ex his, liquatur sub lingua quotidie: aut p. ℋ. =. sulphuris non experti ignem, p. ℋ. abrotoni teruntur in cyatho vini, que id tepefactum sorbetur. Etiam non est vana opinio, (ut) jecur vulpinum, ubi est factum siccum et aridum, oportere contundi, que polentam aspergi ex eo potioni: vel quam recentissimum pulmonem ejusdem esse edendum assum, sed coctum sine ferro.

Præterea, est utendum sorbitionibus et lenibus cibis; interdum (est utendum) tenui austero vino; nonnumquam vomitu. Etiam quæcumque movent urinam, prosunt: sed nihil (prosunt) magis, quam lenta ambulatio pene usque ad lassitudinem; multa frictio, præcipue inferiorum partium, vel in sole, vel ad ignem, et per seipsum, et per alios, usque ad sudorem.

3. Vero interdum exulceratio consuevit esse in interiore parte faucium. In hac plerique utuntur calidis cataplasmatis, que humidis fomentis extrinsecus: volunt etiam calidum vaporem recipi ore: per quæ alii dicunt eas partes fieri molliores, que opportuniores vitio jam inhærenti. Sed, si frigus potest vitari bene, illa præsidia (sunt) tuta; si est metus ejus, sunt supervacua. Autem utique per-

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much of this as the size of a bean may be dissolved under the tongue daily: or of impure sulphur p. ℋ. =. of southernwood p. ℋ. are triturated together in a glass of wine, and sipped warm. Neither is it an idle notion, that a fox's liver when dried and hardened, ought then to be reduced to powder, and sprinkled on the drink; or the lungs of the same animal as recent as possible to be eaten roasted, being cooked without the use of any iron utensil in the process.

Besides these, he should take gruels and mild food; sometimes light austere wine, sometimes a vomit. Also, every thing which promotes the urine, is beneficial: but nothing more so than gentle walking, almost to lassitude; much friction, especially of the lower extremities, either in the sun, or at the fire, both by the patient himself and by others, until he perspire.

3. Now it is not unusual for ulcerations to take place sometimes in the interior part of the fauces. In this case most physicians apply hot cataplasms, and moist fomentations externally: they also administer hot vapour into the mouth: others contend that the parts are rendered softer, and more susceptible of the disease already existing by these remedies. But if cold can be carefully avoided, these means are safe: if there be any apprehension of this, they are incompatible. To

autem perfricare fauces periculosum est: exulcerat enim. Neque utilia sunt, quæ urinæ movendæ sunt; quia possunt, dum transeunt, ibi quoque pituitam extenuare, quam supprimi melius est.

Asclepiades multarum rerum, quas ipsi quoque secuti sumus, auctor bonus, acetum ait quam acerrimum esse sorbendum: hoc enim sine ulla noxa comprimi ulcera. Sed id supprimere sanguinem potest, ulcera ipsa sanare non potest. Melius huic rei lycium est; quod idem quoque æque probat: vel porri, vel marrubii succus, vel nuces Græcæ cum tragacantho contritæ et cum passo mistæ, vel lini semen contritum et cum dulci vino mistum.

Exercitatio quoque ambulandi currendique necessaria est: frictio a pectore vehemens toti inferiori parti adhibenda. Cibi vero esse debent, neque nimium acres, neque asperi; mel, lenticula, tragum, lac, ptisana, pinguis caro, præcipueque porrum, et quidquid cum hoc mistum est.

Potionis quam minimum esse convenit. Aqua dari potest, vel pura, vel in qua malum cotoneum, palmulæve decoctæ sunt. Gargarizationes quoque lenes; sin hæ parum proficiunt, repri-

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fricare fauces est periculosum: enim exulcerat. Neque sunt utilia, quæ sunt (apta) movendæ urinæ; quia dum transeunt ibi, possunt quoque extenuare pituitam, quam est melius supprimi.

Asclepiades, bonus auctor multarum rerum, quas quoque sumus secuti ipsi, ait acetum quam acerrimum (debet) esse sorbendum: enim ulcera comprimi hoc sine ulla noxa. Sed id potest supprimere sanguinem, non potest sanare ulcera ipsa. Lycium est melius huic rei; quod idem (Asclepiades) quoque æque probat: vel succus porri, vel marrubii, vel Græcæ nuces contritæ cum tragacantho et mistæ cum passo, vel semen lini contritum et mistum cum dulci vino.

Quoque exercitatio ambulandi que currendi est necessaria: vehemens frictio (est) adhibenda a pectore toti inferiori parti. Vero cibi debent esse, neque nimium acres, neque asperi; mel, lenticula, tragum, lac, ptisana, pinguis caro, que præcipue porrum, et quidquid est mistum cum hoc.

Convenit esse quam minimum potionis. Aqua potest dari, vel pura, vel (aqua) in qua cotoneum malum, ve palmulæ sunt decoctæ. Quoque lenes gargarizationes; sin hæ proficiunt parum, repri-

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rub the throat is certainly dangerous, for it ulcerates. Neither are diuretics of any use, because, while they pass, they may attenuate the phlegm there, which had better be repressed.

Asclepiades, an excellent author of many things, in which we have also followed him, says that very strong vinegar should be sipped; for by this the ulcers are repressed without any injury; that the other may repress the flux of blood, but cannot heal the ulcers. To effect this, lycium (10) is a better application; which Asclepiades equally approves of: or the juice of leek, or of horehound, or sweet almonds triturated with tragacanth and mixed with raisin wine, lint-seed bruised and mixed with sweet wine.

The exercise of walking and running is also necessary. Strong friction is to be applied from the chest downwards over all the lower parts. But the food ought to be neither too acrid, nor too sharp: honey, lentils, tragum, milk, ptisan, fat meat, and particularly leeks, and whatever composition they enter into.

The drink should be as sparing as possible. Water may be given, either pure, or boiled with pomegranates or dates. Also mild gargles: but if these avail little,

mentes utiles sunt. Hoc genus neque acutum est, et potest esse non longum: curationem tamen maturam, ne vehementer et diu lædat, desiderat.

4. Tussis vero fere propter faucium exulcerationem molesta est; quæ multis modis contrahitur. Itaque, illis restitutis, ipsa finitur. Solet tamen interdum per se quoque male habere; et vix, cum vetus facta est, eliditur. Ac modo arida est, modo pituitam citat.

Oportet hyssopum altero quoque die bibere; spiritu retento currere, sed minime in pulvere; ac lectione uti vehementi, quæ primo impeditur a tussi, post eam vincit: tum ambulare: deinde per manus quoque exerceri, et pectus diu perfricare: post hæc quam pinguissimæ ficus uncias tres, super prunam incoctas, esse.

Præter hæc, si humida est, prosunt frictiones validæ, cum quibusdam calefacientibus, sic, ut caput quoque simul vehementer perfricetur: item cucurbitulæ pectori admotæ; sinapi ex parte exteriore faucibus impositum, donec leviter exulceret; potio ex mentha, nuci-

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mentes sunt utiles. Neque est hoc genus acutum, et non potest esse longum: tamen desiderat maturam curationem, ne lædat vehementer et diu.

4. Vero tussis est fere molesta propter exulcerationem faucium; quæ contrahitur multis modis. Itaque, illis restitutis, ipsa finitur. Tamen interdum solet quoque habere male per se; et vix eliditur, cum est facta vetus. Ac est modo arida, modo citat pituitam.

Oportet bibere hyssopum quoque altero die; currere spiritu retento, sed minime in pulvere; ac uti vehementi lectione, quæ primo impeditur a tussi, post vincit eam: tum ambulare: deinde exerceri quoque per manus, et perfricare pectus diu: post hæc esse tres uncias quam pinguissimæ ficus, incoctas super primam.

Præter hæc, si est humida, validæ frictiones cum quibusdam calefacientibus prosunt, sic, ut caput quoque perfricetur vehementer simul: item cucurbitulæ admotæ pectori; sinapi impositum faucibus ex exteriore parte, donec exulceret leviter; potio ex mentha, que Græcis

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astringent ones will be useful. Neither is the disease acute, and may not be of long duration; yet it requires early treatment, lest it become aggravated and tedious.

4. A cough, may be contracted in many different ways, and on account of the ulceration of the fauces, is generally a very troublesome concomitant. Therefore when their healthy action is restored, the cough itself ceases. Yet it is not unusual for a cough to exist sometimes without any primary disease; and when it becomes chronic, is removed with difficulty. Sometimes it is dry, sometimes it excites an expectoration of phlegm.

It is requisite to drink hyssop every other day; to run, at the same time retaining the breath, but by no means, in the dust; to read aloud, which at first is impeded by the cough, but afterwards overcomes it; then to walk: after this to exercise the arms, and to rub the chest for a considerable time: after these things being done, he is to eat three ounces of the mellowest figs stewed over a clear fire.

Besides these, if the cough be moist, strong friction with some of the calefacients does good, and in this way the head should be rubbed briskly at the same time: also the cupping glasses to be applied to the chest; sinapisms to be placed on the fauces externally, as a rubefacient; the drink may be prepared from mint, sweet

busque Græcis et amylo; primoque assumptus panis aridus, deinde aliquis cibus lenis.

At si sicca tussis est, cum ea vehementissime urget, adjuvat vini austeri cyathus assumptus, dum ne amplius id, interposito tempore aliquo, quam ter aut quater fiat: item laseris quam optimi paulum devorare opus est; porri vel marrubii succum assumere; scillam delingere; acetum ex ea, vel certe acre sorbere, aut cum spica allii contriti duos vini cyathos.

Utilis etiam in omni tussi est peregrinatio, navigatio longa, loca maritima, natationes: interdum lenis cibus, ut malva, urtica; interdum acer, ut lac cum allio coctum: sorbitiones, quibus laser sit adjectum, aut in quibus porrum incoctum tabuerit: ovum sorbile, sulphure adjecto: potui primum aqua calida, deinde invicem aliis diebus hæc, aliis vinum.

5. Magis terreri potest aliquis, cum sanguinem exspuit: sed id modo minus, modo plus periculi habet. Exit modo ex gingivis, modo ex ore: et quidem ex hoc interdum etiam copiose, sed sine tussi, sine ulcere, sine gingivarum ullo

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nucibus et amylo; quæ primo aridus panis assumptus, deinde aliquis lenis cibus.

At si tussis est sicca, cyathus austeri vini assumptus adjuvat, cum ea urget vehementissime, dum id fiat ne amplius, quam ter aut quater, aliquo tempore interposito: item est opus devorare paulum quam optimi laseris; assumere succum porri vel marrubii; delingere scillam; sorbere acetum ex ea, vel certe acre, aut duos cyathos vini cum spica contriti allii.

Etiam peregrinatio est utilis in omni tussi, longa navigatio, maritima loca, natationes: cibus (est) interdum lenis, ut malva, urtica; interdum acer, ut lac coctum cum allio: sorbitiones, quibus laser sit adjectum, aut in quibus incoctum porrum tabuerit: sorbile ovum, sulphure adjecto: calida aqua primum potui, deinde invicem aliis diebus hæc, aliis vinum.

5. Aliquis potest terreri magis, cum exspuit sanguinem: sed id habet modo minus, modo plus periculi. Exit modo ex gingivis, modo ex ore: et quidem interdum etiam copiose ex hoc, sed sine tussi, sine ulcere, sine ullo

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almonds and starch; and beginning with dry bread at first, afterwards some mild food.

But if the cough be dry, and very violent, a glass of austere wine being taken assists; provided that be not done oftener than thrice or four times at proper intervals: it is also necessary to swallow a small quantity of the best assafœtida; to take the juice of leeks, or of horehound; squills as an electuary; to sip the vinegar, or at least some acrid preparation of it, or two glasses of wine with a clove of bruised garlick.

Travelling also is beneficial in every kind of cough; long voyages, a maritime residence, and swimming: the food sometimes should be mild, as the mallow, or nettle; sometimes acrid, as milk boiled with garlick; broths, to which assafœtida has been added, or in which leeks have been boiled away; a soft egg with sulphur added; warm water may be taken for drink at first, afterwards alternately, some days water, other days wine.

5. A person may be more alarmed, when he spits blood; but that is less or more dangerous. Sometimes it comes from the gums, sometimes from the mouth; and indeed from the latter very copiously at times, even without a cough, or ulcer, or

vitio; ita ut nihil exscreetur: verum ut ex naribus aliquando, sic ex ore prorumpit. Atque interdum sanguis profluit, interdum simile aquæ quiddam, in qua caro recens lota est. Nonnumquam autem is a summis faucibus fertur, modo exulcerata ea parte, modo non exulcerata; sed aut ore venæ alicujus adaperto, aut tuberculis quibusdam natis, exque his sanguine erumpente.

Quod ubi incidit, neque lædit potio aut cibus, neque quidquam, ut ex ulcere, exscreatur. Aliquando vero, gutture et arteriis exulceratis, frequens tussis sanguinem quoque extundit: interdum etiam fieri solet, ut aut ex pulmone, aut ex pectore, aut ex latere, aut ex jocinore feratur: sæpe fœminæ, quibus sanguis per menstrua non respondet, hunc exspuunt.

Auctoresque medici sunt, vel exesa parte aliqua sanguinem exire, vel rupta, vel ore alicujus venæ patefacto. Primam διάβρωσιν, secundam ῥῆξιν, tertiam ἀναστόμωσιν appellant. Ultima minime nocet; prima gravissime. Ac sæpe quidem evenit, uti sanguinem pus sequatur.

Interdum autem, qui sanguinem ipsum suppressit, satis ad valetudi-

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vitio gingivarum; ita ut nihil exscreetur: verum ut aliquando prorumpit ex naribus, sic ex ore. Atque interdum sanguis profluit, interdum quiddam simile aquæ, in qua recens caro est lota. Autem nonnumquam is fertur a summis faucibus, modo ea parte exulcerata, modo non exulcerata; sed aut ore alicujus venæ adaperto, aut quibusdam tuberculis natis, que sanguine erumpente ex his.

Quod ubi incidit, neque potio aut cibus lædit, neque quidquam exscreatur, ut ex ulcere. Vero aliquando, frequens tussis quoque extundit sanguinem, gutture et exulceratis arteriis: etiam interdum solet fieri, ut aut feratur ex pulmone, aut ex pectore, aut ex latere, aut ex jocinore: fœminæ sæpe exspuunt hunc, quibus sanguis non respondet per menstrua.

Sunt medici que auctores (qui dicunt), sanguinem exire vel aliqua parte exesa, vel rupta, vel ore alicujus venæ patefacto. Appellant primam διάβρωσιν (diabrosis), secundam ῥῆξιν (rexin), tertiam ἀναστόμωσιν (anastomosis). Ultima nocet minime; prima gravissime. Ac quidem sæpe evenit, uti pus sequatur sanguinem.

Autem interdum, qui suppressit sanguinem ipsum, profuit satis ad valetudinem. Sed si

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any other disease of the gums, so that nothing may be expectorated: but as it bursts out at times from the nose, so it does from the mouth. Sometimes pure blood is discharged; at other times it resembles water, in which fresh meat has been washed. Sometimes it is discharged from the upper part of the fauces, that being ulcerated; sometimes an ulcer does not exist, but the blood is poured out, either from the mouth of a vein being laid bare, or from some tubercles having arisen there.

When this is the case, neither drink nor food injures, nor is there any matter excreted, as from an ulcer. But an ulceration in the œsophagus or trachea, with frequent cough, gives origin to hæmorrhage: sometimes it is not unusual to be sent from the lungs, or the breast (11), or the side, or the liver: females, who have a defective menstruation, often spit blood.

Medical authors say, that blood is lost either by the erosion, or rupture of any part, or the mouth of some vein being laid bare. They call the first diabrosis, the second rhexis, the third anastomosis (12). The first is most dangerous: the last is least injurious. It often happens that pus follows a hæmorrhage.

But sometimes, he who suppresses the hæmorrhage itself, is sufficient to ensure a

nem profuit. Sed si secuta ulcera sunt, si pus, si tussis est, prout sedes ipsa est, ita varia et periculosa genera morborum sunt.

Si vero sanguis tantum fluit, expeditius et remedium et finis est. Neque ignorari oportet, eis, quibus fluere sanguis solet, aut quibus spina dolet, coxæve, aut post cursum vehementem vel ambulationem, dum febris absit, non esse inutile sanguinis mediocre profluvium: idque per urinam redditum ipsam quoque lassitudinem solvere: ac ne in eo quidem terribile esse, qui ex superiore loco decidit; si tamen in ejus urina nihil novavit: neque vomitum hujus afferre periculum, etiam cum repetit, si ante confirmare et implere corpus licuit: et ex toto nullum nocere, qui in corpore robusto, neque nimius est, neque tussim aut calorem movet.

Hæc pertinent ad universum: nunc ad ea loca, quæ proposui, veniam. Si ex gingivis exit, portulacam manducasse satis est. Si ex ore, continuisse eo merum vinum: si id parum proficit, acetum. Si inter hæc quoque graviter erumpit, quia consumere hominem po-

ORDO.

ulcera sunt secuta, si est pus, si (est) tussis, ita sunt varia et periculosa genera morborum, prout sedes ipsa est.

Vero si sanguis tantum fluit, et remedium et finis est expeditius. Neque oportet ignorari, eis, quibus sanguis solet fluere, aut quibus spina dolet, ve coxæ, aut post vehementem cursum vel ambulationem, dum febris absit, mediocre profluvium sanguinis non esse inutile: que id redditum per urinam ipsam quoque solvere lassitudinem: ac ne quidem esse terribile in eo, qui decidit ex superiore loco; si tamen novavit nihil in urina ejus: neque vomitum hujus afferre periculum, etiam cum repetit, si corpus licuit confirmare et implere ante: et nullum nocere ex toto, qui est neque nimius, in robusto corpore, neque movet tussim aut calorem.

Hæc pertinent ad universum, nunc veniam ad ea loca, quæ proposui. Si exit ex gingivis, est satis manducasse portulacam. Si (exit) ex ore, continuisse merum vinum eo: si id proficit parum, acetum. Si quoque erumpit graviter inter hæc, quia potest consumere hominem, est

TRANSLATION.

recovery. But if ulcers have followed, if there be pus, or cough, hence the diseases arising are both various and dangerous, from the nature of their situation.

If blood only be discharged, the remedy and the termination are more expeditious. Neither should we be ignorant that a moderate discharge of blood is not prejudicial to those who have habitual hæmorrhages, or to those who have pains in the spine, or in the hips, or after violent running, or walking, provided there be no fever; and even that which is voided by the urine itself tends to relieve lassitude: and that it need not excite any alarm in a person who has fallen from some height, if no change have taken place in the urine: neither is a vomiting of blood to be considered dangerous, even when it returns, if the body have regained its strength and complement of blood in the interspace: and that there is not the least danger, when it occurs in a robust constitution, and is not excessive, nor excites a cough, nor heat.

These observations apply to all the species. Now I shall proceed with those parts which I have already mentioned. If the blood proceed from the gums, it is sufficient to chew purslane. If from the mouth, to retain pure wine in it; if that avail little, vinegar. If the hæmorrhage should become violent during the applica-

test, commodissimum est, impetum ejus, admota occipitio cucurbitula, sic, ut cutis quoque incidatur, avertere.

Si id mulieri, cui menstrua non feruntur, evenit, eamdem cucurbitulam, incisis inguinibus ejus, admovere. At si ex faucibus, interioribusve partibus processit, et metus major est, et cura major adhibenda. Sanguis mittendus est; et si nihilominus ex ore processit, iterum tertioque, et quotidie paulum aliquid; protinus autem debet sorbere vel acetum, vel cum thure plantaginis aut porri succum; imponendaque extrinsecus supra id, quod dolet, lana succida ex aceto est, et id spongia subinde refrigerandum.

Erasistratus horum crura quoque et femora brachiaque pluribus locis deligabat. Id Asclepiades, adeo non prodesse, etiam inimicum esse proposuit. Sed id sæpe commode respondere experimenta testantur.

Neque tamen pluribus locis deligari necesse est: sed sat est infra inguina, et super talos, summosque humeros, etiam brachia. Tum, si febris urget,

ORDO.

commodissimum, avertere, impetum ejus, cucurbitula admota occipitio, sic, ut cutis quoque incidatur.

Si id evenit mulieri, cui menstrua non feruntur, admovere eamdem cucurbitulam, inguinibus ejus incisis. At si processit ex faucibus, ve interioribus partibus, est et major metus, et major cura (est) adhibenda. Sanguis est mittendus; et si nihilominus aliquid processit ex ore; que iterum paulum tertio, et quotidie: autem protinus debet sorbere vel acetum, vel succum plantaginis aut porri cum thure; que succida lana ex aceto, est imponenda supra id, quod dolet, et id (est) refrigerandum subinde spongia.

Erasistratus deligabat crura et quoque femora que brachia horum pluribus locis. Asclepiades proposuit id, adeo non prodesse, etiam esse inimicum. Sed experimenta testantur id sæpe respondere commode.

Tamen neque est necesse deligari pluribus locis; sed est sat (deligari) infra inguina, et super talos, que summos humeros, etiam brachia. Tum, si febris

TRANSLATION.

tion of these remedies, and as it is possible to exhaust the patient, it would be most expedient to avert its impetus by the application of the cupping glasses and scarificator to the occiput.

If that should occur to a female who does not menstruate, to apply the cupping glasses and scarificator to her groins. But if it have proceeded from the fauces, or the internal parts, there is both greater apprehension, and more care required in the treatment. Blood must be abstracted; and if it still continue from the mouth, the operation must be repeated a second and a third time; and every day a little to be taken away: the patient ought to sip vinegar immediately, or the juice of plantain, or of leek with frankincense(13); and sordid wool moistened in vinegar is to be applied externally over the part affected, and that is to be cooled occasionally by a sponge.

Erasistratus also applied several ligatures on the legs, thighs, and arms of such patients. Asclepiades has affirmed that it is so far from being beneficial, he even condemned it as injurious. But experiments testify that it often succeeds very well.

Now there is no necessity for the application of ligatures in many places: but it is sufficient to put one on below each groin, and above the ancles, and at the upper part of the shoulders, and also on the fore arms. Then, if there be fever, gruel

danda est sorbitio, et potui aqua, in qua aliquid ex iis, quæ alvum adstringunt, decoctum sit: at si abest febris, vel elota alica, vel panis ex aqua frigida, et molle quoque ovum dari potest; potui, vel idem, quod supra scriptum est, vel vinum dulce, vel aqua frigida. Sed sic bibendum erit, ut sciamus, huic morbo sitim prodesse.

Præter hæc necessaria sunt quies, securitas, silentium. Caput hujus quoque cubantis sublime esse debet; recteque tondetur. Facies sæpe aqua frigida fovenda est. At inimica sunt vinum, balneum, venus, in cibo oleum, acria omnia, item calida fomenta, conclave calidum et inclusum, multa vestimenta corpori injecta, etiam frictiones. Ubi bene sanguis conquievit, tum vero incipiendum est a brachiis, cruribusque; a thorace abstinendum. In hoc casu per hiemem, locis maritimis; per æstatem, mediterraneis opus est.

ORDO.

urget, sorbitio, et aqua in qua aliquid ex iis, quæ adstringunt alvum, sit decoctum, est danda potui: at si febris abest, vel elota alica, vel panis ex frigida aqua, et quoque molle ovum potest dari; vel idem, quod est scriptum supra, vel dulce vinum, vel frigida aqua, potui. Sed erit sic bibendum, ut sciamus, sitim prodesse huic morbo.

Præter hæc, quies, securitas, silentium sunt necessaria. Quoque caput hujus debet esse sublime cubantis; que tondetur recte. Facies est fovenda sæpe frigida aqua. At vinum, balneum, venus, oleum in cibo, omnia acria, item calida fomenta; calidum et inclusum conclave, multa vestimenta injecta corpori, etiam frictiones sunt inimica. Ubi sanguis conquievit bene, vero tum est incipiendum a brachiis, que cruribus; (est) abstinendum a thorace. In hoc casu, est opus maritimis locis, per hiemem; mediterraneis, per æstatem.

TRANSLATION.

must be given, and water for drink, in which some of those astringents of the bowels have been boiled: but if there be no fever, either washed alica, or bread moistened in cold water, and also a soft egg may be given: the drink may be either such as I have mentioned above, or sweet wine, or cold water. But in the administration of drinks, we should bear in mind that thirst is beneficial in this disease.

Besides these means, repose, tranquillity of mind, and silence are all necessary. The patient's head also should be kept high in bed; and it is proper to cut the hair close. The face should be bathed frequently in cold water. But wine, the bath, venery, oil with the food, every thing acrid, also hot fomentations, a hot and close chamber, covering the body with much clothing, and also frictions are all inimical. When the hæmorrhage has been entirely subdued, then, indeed friction may be tried on the arms and legs, but withheld from the chest. In this case the patient should select a maritime residence during the winter, and an inland retreat during the summer.

CAP. V.

DE STOMACHI MORBIS.

Faucibus subest stomachus; in quo plura longa vitia incidere consuerunt. Nam modo ingens calor, modo inflatio hunc, modo inflammatio, modo exulceratio afficit: interdum pituita, interdum bilis oritur: frequentissimumque ejus malum est, quo resolvitur; neque ulla re magis aut afficitur, aut corpus afficit.

Diversa autem, ut vitia ejus, sic etiam remedia sunt. Ubi exæstuat, aceto cum rosa extrinsecus subinde fovendus est; imponendusque pulvis ——— cum oleo; et ea cataplasmata, quæ simul et reprimunt, et emolliunt. Potui, nisi quid obstat, gelida aqua præstanda.

Si inflatio est, prosunt admotæ cucurbitulæ; neque incidere cutem necesse est: prosunt sicca et calida fomenta, sed non vehementissima. Interponenda abstinentia est. Utilis in

ORDO.

CAP. V.

DE MORBIS STOMACHI.

Stomachus subest faucibus; in quo plura longa vitia consuerunt incidere. Nam modo ingens calor afficit hunc, modo inflatio, modo inflammatio, modo exulceratio: interdum pituita, interdum bilis oritur: que est frequentissimum malum ejus, quo resolvitur; neque aut afficitur magis ulla re, aut afficit corpus.

Autem ut sunt diversa vitia ejus, sic etiam (sunt diversa) remedia. Ubi exæstuat, est fovendus extrinsecus subinde rosa cum aceto; que pulvis ——— cum oleo (est) imponendus; et ea cataplasmata, quæ simul et reprimunt, et emolliunt. Utilis aqua præstanda potui, nisi quid obstat.

Si est inflatio, cucurbitulæ admotæ prosunt; neque est necesse incidere cutem: sicca et calida fomenta prosunt, sed non vehementissima. Abstinentia est interponenda. Potio absinthii,

TRANSLATION.

CHAP. V.

THE DISEASES OF THE STOMACH.

The stomach is below the fauces; an organ which is subject to a variety of chronic diseases. For sometimes it is affected by great heat, sometimes by flatulency, again by inflammation, at another time by ulceration: sometimes phlegm, sometimes bile arises there: but the most frequent complaint is debility, or dyspepsia; neither is there any thing from which this viscus either suffers more in itself, or gives origin to other constitutional diseases.

Now as the maladies of this organ are so diversified, so are the remedies. When it is hot, it should be fomented externally with vinegar and rose oil occasionally; and the powder of ——— (14) mixed with oil is to be laid on; and those cataplasms which at the same time both repress and soften. Cold water may be given for drink, unless that be contra-indicated by any circumstance.

If there be flatulency, the application of the dry cupping glasses does good; for there is no necessity to incise the skin: dry and hot fomentations, but not very strong, are beneficial. Abstinence must be interposed. The infusion of wormwood,

jejuno potio est absinthii, aut hyssopi, aut rutæ. Exercitatio primo lenis, deinde major adhibenda est; maximeque, quæ superiores partes moveat: quod genus in omnibus stomachi vitiis aptissimum est.

Post exercitationem opus est unctione, frictione; balneo quoque nonnumquam, sed rarius; interdum alvi ductione; cibis deinde calidis, neque inflantibus; eodemque modo calidis potionibus, primo aquæ, post, ubi resedit inflatio, vini austeri. Illud quoque in omnibus stomachi vitiis præcipiendum est, ut, quo modo se quisque æger refecerit, eo sanus utatur: nam redit huic imbecillitas sua, nisi iisdem defenditur bona valetudo, quibus reddita est.

At si inflammatio aliqua est, quam fere tumor et dolor sequitur, prima sunt quies et abstinentia, lana sulphurata circumdata, in jejuno absinthium. Si ardor stomachum urget, aceto cum rosa subinde fovendus est: deinde cibis quidem utendum est modicis; imponenda vero extrinsecus quæ simul et reprimunt et emolliunt: postea deinde, his detractis, utendum calidis ex farina ca-

ORDO.

aut hyssopi, aut rutæ, est utilis in jejuno. Exercitatio primo lenis, deinde major est adhibenda; que maxime, quæ moveat superiores partes; quod genus est aptissimum in omnibus vitiis stomachi.

Post exercitationem est opus unctione, frictione; quoque nonnumquam (est opus) balneo, sed rarius; interdum ductione alvi; deinde calidis cibis, neque inflantibus; que eodem modo calidis potionibus, primo aquæ, post, ubi inflatio resedit, austeri vini. Quoque illud est præcipiendum in omnibus vitiis stomachi, ut, quo modo quisque æger refecerit se, utatur eo sanus: nam sua imbecillitas redit huic, nisi bona valetudo defenditur iisdem, quibus est reddita.

At si est aliqua inflammatio, quam tumor et dolor fere sequitur, quies et abstinentia sunt prima, sulphurata lana circumdata, absinthium in jejuno. Si ardor urget stomachum, est fovendus subinde aceto cum rosa: deinde quidem est utendum modicis cibis; vero quæ simul et reprimunt et emolliunt (sunt) imponenda extrinsecus: postea deinde, his detractis, est uten-

TRANSLATION.

or of hyssop or of rue taken fasting is useful. Exercise must be employed, at first gentle, and afterwards to be augmented; and especially that which may bring the superior extremities into action; which kind is best adapted for all diseases of the stomach.

Exercise should be followed by unction and friction; and sometimes, though rarely, a bath; sometimes an injection; afterwards warm food, such as may not produce flatulence; and to proceed in the same manner with warm drinks, first of water, then when the flatus has been subdued, of austere wine. This maxim must be observed in all diseases of the stomach, that by whatever means a patient has recovered, he should adhere to the same plan when he is well: for this debility will return on him unless the health be guarded by the same means, by which it has been restored.

But if there be any inflammation, which is generally followed by swelling and pain, the first remedies should be rest and abstinence; sulphureted wool being applied around it and taking wormwood fasting. If there be oppressive heat in the stomach, let it be fomented occasionally with vinegar and rose oil: then food is to be given in moderation; and the external remedies must be such as repress and soften at the same time: afterwards these being withdrawn, warm cataplasms of flour

taplasmatis, quæ reliquias digerant: interdum alvus ducenda: adhibenda exercitatio, et cibus plenior.

At si exulceratio stomachum infestat, eadem fere facienda sunt, quæ in faucibus exulceratis præcepta sunt. Exercitatio, frictio inferiorum partium adhibenda; adhibendi lenes et glutinosi cibi, sed citra satietatem; omnia acria atque acida removenda; vino, si febris non est, dulci, aut, si id inflat, certe leni utendum; sed neque perfrigido, neque nimis calido.

Si vero pituita stomachus impletur, necessarius modo in jejuno, modo post cibum vomitus est: utilis exercitatio, gestatio, navigatio, frictio: nihil edendum, bibendumque, nisi calidum; vitatis tantum iis, quæ pituitam contrahere consuerunt.

Molestius est, si stomachus bile vitiosus est. Solent autem ii, qui sic tentantur, interpositis quibusdam diebus, hanc, et quidem, quod pessimum est, atram vomere. His recte alvus ducitur: potiones ex absinthio dantur: necessaria gestatio, navigatio est; si fieri potest, ex nausea vomitus: vitanda

ORDO.

dum calidis cataplasmatis ex farina, quæ digerant reliquias: interdum alvus (est) ducenda: exercitatio et plenior cibus (est) adhibenda.

At si exulceratio infestat stomachum, eadem sunt fere facienda, quæ sunt præcepta in exulceratis faucibus. Exercitatio, frictio inferiorum partium adhibenda; lenes et glutinosi cibi (sunt) adhibendi, sed citra satietatem; omnia acria atque arida (sunt) removenda; si non est febris, est utendum dulci vino, aut, si id inflat, certe leni; sed neque perfrigido, neque nimis calido.

Vero si stomachus impletur pituita, vomitus est necessarius modo in jejuno, modo post cibum: exercitatio, gestatio, navigatio, frictio (est) utilis: nihil (est) edendum, que bibendum, nisi calidum; tantum iis vitatis, quæ consuerunt contrahere pituitam.

Est molestius, si stomachus est vitiosus bile. Autem ii, qui sic tentantur, solent vomere hanc, et quidem quibusdam diebus interpositis, atram (bilem), quod est pessimum. Alvus ducitur recte his: potiones ex absinthio dantur: gestatio, navigatio est necessaria; vomitus ex nausea,

TRANSLATION.

must be used, which may disperse the remains: sometimes the bowels are to be relieved by injections: exercise must be employed, and a fuller diet.

But if ulceration attack the stomach, almost a similar treatment must be pursued as have been prescribed in ulcerated fauces. Exercise and friction of the lower parts must be used: mild and glutinous food should be given, but not to satiety; all acrid and acid things are to be withheld; sweet wine may be allowed, if there be no fever, or if that inflate, let him take at least a milder wine; but neither of these should be too cold nor too hot.

If the stomach be surcharged with phlegm, a vomit is necessary, sometimes fasting, sometimes after food: exercise, gestation, sailing, and friction do good: nothing is to be eaten or drunk, except what is warm; those things only to be avoided which usually generate phlegm.

The disease is more troublesome, when the stomach becomes vitiated with bile. But those who are affected in this manner, usually eject this, after an interval of some days, and indeed sometimes black bile is vomited, which is the worst of all. In these cases injections are proper: infusion of wormwood given for drink: gestation and sailing are necessary: and if possible to excite vomiting by sea-sickness:

cruditas: sumendi cibi faciles et stomacho non alieni, vinum austerum.

Vulgatissimum vero pessimumque stomachi vitium est resolutio, id est cum cibi non tenax est, soletque desinere ali corpus, ac sic tabe consumi. Huic generi inutilissimum balneum est; lectiones, exercitationesque superioris partis necessariæ; item unctiones, frictionesque. His perfundi frigida, atque in eadem natare; canalibus ejusdem subjicere etiam stomachum ipsum, et magis etiam a scapulis id quod contra stomachum est; consistere in frigidis, medicatisque fontibus, quales Cutiliarum Sumbruinarumque sunt, salutare est.

Cibi quoque assumendi sunt frigidi, qui potius difficulter coquuntur, quam facile vitiantur. Ergo plerique, qui nihil aliud concoquere possunt, bubulam coquunt. Ex quo colligi potest, neque avem, neque venationem, neque piscem dari debere, nisi generis durioris. Potui quidem aptissimum est vinum frigidum, vel certe bene calidum, meracum, potissimum Rheticum, vel Allobrogicum, aliudve, quod et austerum et

ORDO.

si potest fieri: cruditas (est) vitanda: faciles cibi et (qui) non (sunt) alieni stomacho sumendi, austerum vinum.

Vero vulgatissimum que pessimum vitium stomachi est resolutio (dyspepsia), id est cum non est tenax cibi, que corpus solet desinere ali, ac sic consumi tabe. Balneum est inutilissimum huic generi; lectiones, que exercitationes superioris partis (sunt) necessariæ; item unctiones, que frictiones. Frigida (aqua) perfundi his, atque natare in eadem; etiam subjicere stomachum ipsum canalibus ejusdem, et magis etiam id quod est contra stomachum a scapulis; consistere in frigidis, que medicatis fontibus, quales sunt Cutiliarum que Sumbruinarum, est salutare.

Quoque frigidi cibi sunt assumendi, qui coquuntur difficulter potius, quam vitantur. Ergo plerique, qui possunt concoquere nihil aliud, coquunt bubulam. Ex quo potest colligi, neque avem, neque venationem, neque piscem debere dari, nisi durioris generis. Quidem frigidum vinum est aptissimum potui, vel certe bene calidum, meracum, potissimum Rheticum, vel Allobrogicum, ve aliud, quod

TRANSLATION.

indigestion must be avoided, and such foods are to be taken which are easy of digestion, and not improper for the stomach, with austere wine.

But the most common and the worst disorder of the stomach is relaxation, that is, when it is not capable of retaining the food, by which means the body is deprived of nourishment, consequently it is wasted by consumption. In this case the bath is very injurious; reading, and exercises of the superior extremities are necessary; also unctions and frictions. It is also salutary to drench those patients with cold water all over the body, and to swim in it, to subject the stomach itself to spouts of the same, and more particularly that part below the shoulders opposite this organ; to stand for some time in cold and medicinal springs, such as those of Cutilia and Sumbruina (15).

The food now should be taken cold, and that which is more difficult of digestion, rather than what is easily decomposed. Therefore, most persons, who are able to digest nothing else, can digest beef. From this we may learn, that neither birds, nor game, nor fish, ought to be given, except of the harder kinds. Cold wine indeed is fittest for drink, or at least a very warm pure wine, particularly the Rhetic or Allobrogic (16), or any other if it be austere, and seasoned with

resina conditum est; si id non est, quam asperrimum, maximeque Signinum.

Si cibus non continetur, danda aqua, et eliciendus plenior vomitus est, iterumque dandus cibus; et tum adhovendæ duobus infra stomachum digitis cucurbitulæ, ibique duabus aut tribus horis continendæ sunt. Si simul et vomitus, et dolor est, imponenda supra stomachum est lana succida, vel spongia ex aceto, vel cataplasma, quod refrigeret: perfricanda vero non diu, sed vehementer brachia et crura, et calefacienda.

Si plus doloris est, infra præcordia quatuor digitis cucurbitula utendum est; et protinus dandus panis ex posca frigida: si non continuit, post vomitum leve aliquid ex iis, quæ non aliena stomacho sint: si ne id quidem tenuit, singuli cyathi vini, singulis interpositis horis, donec stomachus consistat. Valens etiam medicamentum est, radiculæ succus: valentius, acidi Punici mali, cum pari modo succi, qui ex dulci Punico malo est, adjecto etiam intubi succo, et menthæ, sed hujus minima parte; quibus tantumdem, quantum in

ORDO.

est austerum et conditum resina; si id non est, quam asperrimum, que maxime Signinum.

Si cibus non continetur, aqua est danda, et plenior vomitus (est) eliciendus, que cibus (est) dandus iterum; et tum cucurbitulæ sunt ad-novenda duobus digitis infra stomachum, que (sunt) continendæ ibi duabus aut tribus horis. Si est simul et vomitus, et dolor, succida lana, vel spongia ex aceto, vel cataplasma quod refrigeret, est imponenda supra stomachum: sed brachia et crura (sunt) perfricanda, et calefacienda, vero non diu.

Si est plus doloris, est utendum cucurbitula quatuor digitis infra præcordia; protinus panis ex frigida posca est dandus: si non continuit, post vomitum aliquid leve ex iis, quæ non sint aliena stomacho: si ne quidem tenuit id, singuli cyathi vini, singulis horis interpositis, donec stomachus consistat. Succus radiculæ est etiam valens medicamentum: valentius, acidi Punici mali, cum pari modo succi, qui est ex dulci Punico malo, etiam succo intubi, et menthæ adjecto, sed hujus minima parte; quibus tantumdem, quantum est in omnibus his,

TRANSLATION.

resin; if that is not to be had, the roughest possible, and especially the Signine (17).

If the food be not retained on the stomach, water must be given and a copious vomiting is to be elicited, and food is to be given again; and then the cupping glasses are to be applied two fingers' breadth below the stomach, and retained there for two or three hours. If there be vomiting and pain at the same time, sordid wool should be laid over the stomach, or a sponge dipped in vinegar, or a refrigerant cataplasm: the arms and legs must be warmed and rubbed actively, but not too long.

If the pain be more severe, the cupping glasses must be applied four fingers' breadth below the præcordia, then bread sopped in cold posca to be given immediately: if that be not retained, after the vomiting, give some of those things which are light, at the same time grateful to the stomach: if even that have not remained, let one glass of wine be given every hour, until the stomach retain the food. The juice of radishes is also a powerful medicine; but a more powerful still is the juice of the acid pomegranate, with an equal quantity of the sweet being added to that of endive and mint, but of the latter the smallest portion,

his omnibus est, aquæ frigidæ quam optime miscetur. Id enim plus quam vinum ad comprimendum stomachum potest.

Supprimendus autem vomitus est, qui per se venit, etsi nausea est. Sed si coacuit intus cibus, aut computruit, quorum utrumlibet ructus ostendit, ejiciendus est; protinusque, cibis assumptis iisdem, quos proxime posui, stomachus restituendus. Ubi sublatus est præsens metus, ad ea redeundum est, quæ supra præcepta sunt.

ORDO.

frigidæ aquæ miscetur quam optime. Enim id potest ad comprimendum stomachum plus quam vinum.

Autem vomitus qui venit per se, etsi est nausea est supprimendus. Sed si cibus coacuit intus, aut computruit, ructus ostendit utrumlibet quorum, est ejiciendus; que protinus, iisdem cibis assumptis, quos posui proxime, stomachus (est) restituendus. Ubi præsens metus est sublatus, est redeundum ad ea, quæ sunt præcepta supra.

TRANSLATION.

with which as much cold water, as all these juices put together, and well mixed. For that is more effectual in tranquillizing the stomach than wine.

But spontaneous vomiting is to be suppressed, although there be nausea: or, if the ingesta have become acid, or vitiated within the stomach, either of which is indicated by the eructations, it is to be ejected; and immediately the same kind of food is to be administered for the restoration of the stomach, which I have just now mentioned. When we have removed the present danger, the patient may be put upon that regimen which has been prescribed above.

CAP. VI.

DE LATERUM DOLORIBUS.

STOMACHUS lateribus cingitur; atque in his quoque vehementes dolores esse consuerunt. Et initium vel ex frigore, vel ex ictu, vel ex nimio cursu, vel ex morbo est: sed interdum id malum intra dolorem est, isque modo tarde, modo celeriter solvitur; interdum ad perniciem quoque procedit, oriturque acutus morbus, qui πλευριτικὸς a Græcis nominatur.

ORDO.

CAP. VI.

DE DOLORIBUS LATERIS.

STOMACHUS cingitur lateribus; atque in his quoque vehementes dolores consuerunt esse. Et initium (eorum) est vel ex frigore, vel ex ictu, vel ex nimio cursu, vel ex morbo: sed interdum id malum est intra dolorem, que is modo solvitur tarde, modo celeriter; interdum quoque procedit ad perniciem, que acutus morbus oritur, qui nominatur πλευριτικὸς (pleuriticus) a Græcis.

TRANSLATION.

CHAP. VI.

OF PLEURITIS.

THE stomach is bounded by the sides; and these are subject to violent pains also. The first cause may be either from cold, or from a blow, or from excessive running, or from disease: but the complaint sometimes consists only of a pain, and that is sometimes removed slowly, sometimes rapidly; sometimes it terminates fatally, giving origin to an acute disease, named by the Greeks pleuritis.

Huic dolori lateris, febris et tussis accedit: et per hanc exscreatur, si tolerabilis morbus est, pituita; si gravis, sanguis. Interdum etiam sicca tussis est, quæ nihil emolitur: idque primo vitio gravius, secundo tolerabilius est.

Remedium vero est magni et recentis doloris, sanguis missus. At, sive levior, sive vetustior casus est, vel supervacuum, vel serum id auxilium est; confugiendumque ad cucurbitulas est, ante summa cute incisa. Recte etiam sinapi ex aceto super pectus imponitur, donec ulcera pustulasque excitet; et tum medicamentum, quod humorem illuc citet.

Præter hæc, circumdare primum oportet latus hapso lanæ sulphuratæ: deinde, cum paulum inflammatio se remisit, siccis et calidis fomentis uti. Ab his transitus ad malagmata est.

Si vetustior dolor remanet, novissime resina imposita discutitur. Utendum cibis potionibusque calidis; vitandum frigus: inter hæc tamen non alienum est extremas partes oleo et sulphure perfricare. Si levata tussis est, leni lectione uti; jamque et acres cibos, et vinum meracius assumere. Quæ a me-

ORDO.

Febris, et tussis accedit huic dolori lateris: et pituita exscreatur per hanc, si morbus est tolerabilis; si gravis, sanguis. Interdum etiam est sicca tussis, quæ emolitur nihil: que id est gravius primo vitio, secundo tolerabilius.

Vero remedium magni et recentis doloris est, sanguis missus. At, sive casus est levior, sive vetustior, id auxilium est vel supervacuum, vel serum; que est confugiendum ad cucurbitulas, summa cute incisa ante. Etiam sinapi ex accto imponitur recte super pectus, donec excitet ulcera que pustulas; et tum medicamentum, quod citet humorem illuc.

Præter hæc, primum oportet circumdare latus hapso sulphuratæ lanæ: deinde, cum inflammatio remisit se paululum, uti siccis et calidis fomentis. Ab his transitus est malagmata.

Si dolor remanet vetustior, novissime discutitur resina imposita. (Est) utendum calidis cibis que potionibus; frigus (est) vitandum: tamen inter hæc non est alienum perfricare extremas partes oleo et sulphure. Si tussis est levata, uti leni lectione; que jam assumere et acres cibos, et meracius vinum. Quæ

TRANSLATION.

To this pain of the side supervene fever and cough; and by this latter, phlegm is expectorated, if the disease be not violent; if severe, blood is discharged. At times there is a dry cough, which expectorates nothing; and this is worse than the first malady, but more supportable than the second.

Now the remedy for a violent and recent pain is blood-letting. But whether the case be very slight, or chronic, that remedy is either superfluous, or too late; and in this case we must apply the cupping glasses with the scarificator. Also sinapisms prepared with vinegar may be advantageously applied on the chest, until vesicles and pustules be excited; and then a medicament which may extract the humour thither.

Besides these, the side should be surrounded first with a band of sulphurated wool; and when the inflammation has subsided a little, to use dry and warm fomentations. After these we must proceed with malagmas.

If the pain become inveterate it is to be discussed at last by the application of resin. Warm food and drink must be given; and cold avoided: at the same time it might be beneficial to rub the extremities with sulphureted oil. If the cough be relieved, the patient may read softly, and then take both acrid food, and stronger wine. These things then are prescribed by physicians; yet without

dicis præcipiuntur, ut tamen sine his rusticos nostros epota ex aqua herba trixago satis adjuvet.

Hæc in omni lateris dolore communia sunt: plus negotii est, si acutus quoque morbus is factus est. In hoc, præter ea, quæ supra posita sunt, hæc animadvertenda sunt: ut cibus sit quam maxime tenuis et lenis, præcipueque sorbitio, eaque ex ptisana potissimum, aut jus in quo porrus cum pullo gallinaceo coctus sit; idque non nisi tertio quoque die detur, si tamen per vires licebit: potui vero aqua mulsa, in qua hyssopum, aut ruta decocta sit.

Quæ quibus temporibus danda sint, ex ratione vel adauctæ; vel levatæ febris apparebit, sic, ut in remissione quam maxima dentur: cum eo tamen, ut sciamus, non esse ejus generis tussi aridas fauces committendas: sæpe enim, ubi nihil est, quod exscreetur, continuatur, et strangulat. Ob quam causam dixi etiam pejus id genus esse tussis, quod nihil, quam quod pituitam moveret.

Sed hic vinum sorbere, ut supra præcepimus, morbus ipse non patitur: in

ORDO.

præcipiuntur a medicis, ut tamen sine his herba trixago epota ex aqua adjuvet nostros rusticos satis.

Hæc sunt communia in omni dolore lateris: est plus negotii, si quoque is morbus est factus acutus. In hoc, præter ea, quæ sunt posita supra, hæc sunt animadvertenda: ut cibus sit quam maxime tenuis, et lenis, que præcipue sorbitio, que potissimum ea ex ptisana, aut jus in quo porrus sit coctus cum pullo gallinaceo; que id quoque non detur nisi tertio die: si tamen licebit per vires: vero potui mulsa aqua, in qua hyssopum, aut ruta sit decocta.

Quibus temporibus quæ sint danda, apparebit ex ratione vel adauctæ; vel levatæ febris, sic, ut dentur quam maxima in remissione: tamen cum eo, ut sciamus, fauces non esse committendas aridas tussi ejus generis: enim sæpe, ubi est nihil, quod exscreetur, continuatur, et strangulat. Ob quam causam, etiam dixi id genus tussis quod moveret nihil, esse pejus, quam quod (moveret) pituitam.

Sed hic, morbus ipse non patitur sorbere vinum, ut præcepimus supra: in vicem ejus, cre-

TRANSLATION.

these, the watery infusion of the herb germander being drunk seems to be a satisfactory remedy for our peasants.

These (*following*) rules are applicable in every species of pleuritis: there will be a greater difficulty, if the disease have assumed an acute character. In this latter case, besides those rules which have been given above, these must be observed: that the food should be as thin and mild as possible, particularly gruel, and more especially that which is prepared of ptisan, or leeks boiled in chicken-broth; and that is not to be allowed oftener than every third day, and even then, it must be regulated by the patient's strength: but for drink a decoction of hyssop or rue in hydromel.

The times in which these remedies are to be administered, will be apparent by a vigilant attention to the progressing, or regressing stage of the fever, so that they may be given in the greatest possible remission: yet on this condition, that we bear in mind that the fauces must not be allowed to become dry in a cough of this kind: for very often, when there is nothing expectorated, it is continued, and has a tendency to suffocate. For this reason I said that a cough, which brings up nothing, is worse than that which expectorates phlegm.

But in this case the disease itself forbids wine to be given, as we have mentioned

vicem ejus, cremor ptisanæ sumendus est. Ut his autem in ipso morbi fervore sustinendus æger est, sic, ubi paulum is se remisit, alimenta pleniora, et vini quoque aliquid dari potest; dum nihil detur, quod aut refrigeret corpus, aut fauces asperet.

Si in refectione quoque manserit tussis, intermittere oportebit uno die; posteroque, cum cibo vini paulo plus assumere. Atque incipiente quoque tussi, tum non erit alienum, ut supra quoque positum est, vini cyathos sorbere: sed in hoc genere valetudinis, dulce, vel certe lene commodius est. Si malum inveteravit, athletico victu corpus firmandum est.

ORDO.

mor ptisanæ est sumendus. Autem ut æger est sustinendus in fervore ipso morbi, sic, ubi is remisit se paulum, pleniora alimenta, et quoque aliquid vini potest dari; dum nihil detur, quod aut refrigeret corpus, aut asperet fauces.

Si tussis quoque manserit in refectione, oportebit intermittere uno die; que postero (die), assumere paulo plus vini cum cibo. Atque, tussi incipiente, tum non erit alienum, sorbere cyathos vini, ut quoque est positum supra: sed in hoc genere valetudinis, dulce (vinum), vel certe lene est commodius. Si malum inveteraverit, corpus est firmandum athletico victu.

TRANSLATION.

above: instead of it the cream of ptisan is to be taken. But as the patient is to be supported by these things in the violence of the disease itself, so, when it has remitted a little, a fuller diet, and also some wine may be given; but nothing should be given, that would either refrigerate the body or exasperate the fauces.

If the cough continue during convalescence also, it will be expedient to intermit for one day; and on the following to take wine and food more freely: and in the incipient stage of cough, it will not be improper to sip wine by glasses, in the manner above directed: but in a malady of this kind, sweet, or at least a mild wine is more advantageous. If it have become chronic, the body must be strengthened by athletic diet.

CAP. VII.

DE VISCERUM MORBIS, ET PRIMO, DE PULMONE.

A COMPAGINE corporis ad viscera transeundum est; et in primis ad pulmonem veniendum; ex quo vehemens et acutus morbus oritur, quem περιπνευ-

ORDO.

CAP. VII.

DE MORBIS VISCERUM; ET PRIMO, DE PULMONE.

EST transeundum a compagine corporis ad viscera; et in primis (est) veniendum ad pulmonem; ex quo vehemens et acutus morbus oritur, quem Græci vocant

TRANSLATION.

CHAP. VII.

OF THE DISEASES OF THE VISCERA, AND IN THE FIRST PLACE OF THE LUNGS.

FROM the structure of the body we must proceed to the viscera, and first of all to the lungs; in which a violent and acute disease takes place, which the Greeks

μονικὸν Græci vocant. Ejus hæc conditio est: pulmo totus afficitur: hunc casum ejus subsequitur tussis, bilem vel pus trahens, præcordiorum totiusque pectoris gravitas, spiritus difficultas, magnæ febres, continua vigilia, cibi fastidium, tabes. Id genus morbi plus periculi quam doloris habet.

Oportet, si satis validæ vires sunt, sanguinem mittere: sin minores, cucurbitulas sine ferro præcordiis admovere. Tum, si satis valet, gestando ægrum, digerere: si parum, intra domum tamen dimovere. Potionem autem hyssopi dare, cum quo ficus arida sit incocta; aut aquam mulsam, in qua vel hyssopum vel ruta decocta sit: frictione uti diutissime in scapulis, proxime ab his in brachiis et pedibus et cruribus, leniter contra pulmonem; idque bis quotidie facere.

Quod ad cibum vero pertinet, huic nec salsis opus est, neque acribus, neque amaris, neque alvum astringentibus, sed paulo lenioribus. Ergo primis diebus danda est sorbitio ptisanæ, vel alicæ, vel oryzæ, cum qua recens adeps cocta sit: cum hac, sorbile ovum, nuclei pinei ex melle, panis vel elota alica ex aqua mulsa: potui deinde non solum

ORDO.

περιπνευμονικὸν (peripneumonia). Hæc est conditio ejus: totus pulmo afficitur: tussis subsequitur hunc casum ejus, trahens bilem vel pus, gravitas præcordiorum que totius pectoris, difficultas spiritus, magnæ febres, continua vigilia, fastidium cibi, tabes. Id genus morbi habet plus periculi quam doloris.

Oportet, mittere sanguinem, si vires sunt satis validæ: sin minores, admovere cucurbitulas sine ferro præcordiis. Tum, si valet satis, ægrum digerere gestando: si (valet) parum, tamen dimovere intra domum. Autem dare potionem hyssopi, cum quo arida ficus sit incocta; aut mulsam aquam, in qua vel hyssopum vel ruta sit decocta: uti frictione diutissime in scapulis, proxime ab his in brachiis et pedibus et cruribus, leniter contra pulmonem; que facere id bis quotidie.

Vero quod pertinet ad cibum, est opus nec salsis huic, neque acribus, neque amaris, neque adstringentibus alvum, sed paulo lenioribus. Ergo sorbitio ptisanæ, vel alicæ, vel oryzæ, cum qua recens adeps sit decocta, est danda primis diebus: cum hac, sorbile ovum, pinei nuclei ex melle, panis vel elota alica ex mulsa aqua: deinde non solum

TRANSLATION.

call peripneumonia. The nature of the disease is this: the whole structure of the lungs is affected: cough follows this, (*as cause and effect*,) bringing up bile, or pus; a weight of the præcordia and of the whole chest, difficulty of breathing, high fever, constant watching, fastidious appetite and consumption. This disease is more dangerous than painful.

It will be proper to let blood, if the strength of the patient admit of it: but if that be deficient, to apply the cupping glasses without incision to the præcordia. Then, if the patient go on improving satisfactorily, to discuss it by gestation: if otherwise, to move him about in the house. To give a decoction of hyssop and dry figs as drink; or hydromel, in which either hyssop or rue has been boiled: to apply friction for a considerable time about the shoulders, next after these on the arms, feet, legs, and gently over the lungs; and to do that twice daily.

But with respect to food, he should neither have salt, nor acrid, neither bitter, nor astringent things, but those of a milder nature. Therefore at the beginning gruel of ptisan should be given, or of alica, or rice boiled with fresh fat: with this a soft or poached egg, pine nuts with honey, bread or washed alica with hydromel;

pura aqua, sed etiam mulsa egelida, aut, si æstas est, etiam frigida; nisi quid obstat.

Hæc autem altero quoque die, increscente morbo, dare satis est: ubi in incremento constitit, quantum res patitur, ab omnibus abstinendum est, præterquam aqua egelida. Si vires desunt, adjuvandæ sunt aqua mulsa. Prosuntque adversus dolores imposita calida fomenta, vel ea, quæ simul et reprimunt et emolliunt: prodest impositus super pectus sal bene contritus, cum cerato mistus; quia leviter cutem erodit, eoque impetum materiæ, quo pulmo vexatur, evocat. Utile etiam aliquod malagma est ex iis, quæ materiam trahunt.

Neque alienum est, dum premit morbus, clausis fenestris ægrum continere: ubi paulum levatus est, ter aut quater die, fenestris aliquantum apertis, parvum aërem recipere. Deinde in refectione pluribus diebus a vino abstinere; gestatione, frictione uti; sorbitionibus et prioribus cibis adjicere, ex oleribus porrum, ex carne ungulas et summa trunculorum atque pisciculos, sic, ut diu nihil nisi molle et lene sumatur.

ORDO.

pura aqua potui, sed etiam egelida mulsa, aut, si est æstas, etiam frigida; nisi quid obstat.

Autem, morbo increscente, est satis dare hæc quoque altero die: ubi constitit in incremento, est abstinendum ab omnibus, quantum res patitur, præterquam egelida aqua. Si vires desunt, sunt adjuvendæ mulsa aqua. Que calida fomenta imposita prosunt adversus dolores, vel ea, quæ simul et reprimunt et emolliunt: bene contritus sal impositus supra pectus, prodest, mistus cum cerato; quia erodit cutem leviter, que evocat impetum materiæ eo, quo pulmo vexatur. Etiam aliquod malagma ex iis, quæ trahunt materiam, est utile.

Neque est alienum, continere ægrum clausis fenestris, dum morbus premit: ubi est levatus paulum, (debet) recipere parvum aërem, ter aut quater die, fenestris aliquantum apertis. Deinde in refectione (debet) abstinere a vino pluribus diebus; uti gestatione, frictione; adjicere prioribus sorbitionibus et cibis, ex oleribus porrum, ex carne ungulas et summa trunculorum atque pisciculos, sic, ut nihil nisi molle et lene sumatur diu.

TRANSLATION.

then for drink, not only pure water, but lukewarm hydromel, or if it be summer, even cold, unless there be any circumstance which may forbid that.

But it will be sufficient to give these things every alternate day, when the disease is increasing; but when it is at the height, the patient must abstain as rigidly as the case will allow from every thing except lukewarm water. If the strength fail, it should be assisted with hydromel. Hot fomentations being applied relieve the pains, or those which at the same time repress and mollify: salt well triturated with cerate, being laid on the chest does good; because it corrodes the skin slightly, and by this excites a revulsion of the matter, by which the lungs are oppressed. Also some malagmas composed of those articles which have a tendency to draw out the matter, are useful.

Neither is it improper to keep the patient's chamber windows shut during the severity of the disease: but when he has been relieved a little, to admit a small portion of air, three or four times a day, by opening the windows a little. Then during his convalescence to abstain from wine for several days; to employ gestation and friction; to augment the gruels and former food, from the pot-herbs with leeks, and of animal substances, the heels and pettitoes, and small fish, so that nothing except what is soft and mild may be taken for a long time.

CAP. VIII.

DE HEPATICIS.

ALTERIUS quoque visceris morbus, id est jocinoris, æque modo longus, modo acutus esse consuevit: ἡπατικὸν Græci vocant.

Dextra parte sub præcordiis vehemens dolor est; idemque ad latus dextrum, et ad jugulum, humerumque partis ejusdem pervenit: nonnumquam manus quoque dextra torquetur: horror validus est: ubi male est, bilis evomitur: interdum singultus prope strangulat. Et hæc quidem acuti morbi sunt.

Longioris vero, ubi suppuratio in jocinore est; dolorque modo finitur, modo intenditur; dextra parte præcordia dura sunt, et tument; post cibum major spiritus difficultas est; accedit maxillarum quædam resolutio. Ubi inveteravit malum, venter et crura pedesque intumescunt; pectus atque humeri, circaque jugulum utrumque extenuatur.

ORDO.

CAP. VIII.

DE HEPATICIS.

QUOQUE (est) morbus alterius visceris, id est jocinoris, æque consuevit esse modo longus, modo acutus: Græci vocant ἡπατικὸν (hepaticus).

Est vehemens dolor dextra parte sub præcordiis; que idem pervenit ad dextrum latus, et ad jugulum, que humerum ejusdem partis; nonnumquam quoque dextra manus torquetur: est validus horror: ubi est male, bilis evomitur: interdum singultus prope strangulat. Et quidem hæc sunt (symptomata) acuti morbi.

Vero longioris, ubi est suppuratio in jocinore; que dolor modo finitur, modo intenditur; præcordia sunt dura (in) dextra parte, et tument; post cibum est major difficultas spiritus; quædam resolutio maxillarum accedit. Ubi malum inveteraverit, venter et crura que pedes intumescunt; pectus atque humeri, que circa utrumque jugulum extenuatur.

TRANSLATION.

CHAP. VIII.

OF HEPATITIS.

THERE is also a disease of another viscus, that is the liver, which is equally subject to be sometimes chronic, sometimes acute: the Greeks call it hepaticus.

There is a violent pain in the right side under the præcordia; and this extends up the right side as far as the clavicle, and to the shoulder of the same side: sometimes the right hand also is tormented with the pain; there is violent shivering; when it is severe, bile is vomited: sometimes the patient is almost strangled with hiccough. These then are the symptoms of the acute form of the disease.

But when the disease proceeds to suppuration in the liver, then it is more of a chronic character: and the pain sometimes ceases; sometimes it is augmented; the præcordia are hard and swollen in the right side; there is greater difficulty of breathing after food; the jaws become affected with a species of paralysis. When the disease has grown inveterate, the abdomen, legs, and feet become œdematous; the chest, shoulders, and around *the clavicles* on each side of the neck are emaciated,

Initio sanguinem mittere optimum est: tum venter solvendus est, si non potest aliter, per nigrum veratrum: imponenda extrinsecus cataplasmata, primum quæ reprimant, deinde calida, quæ diducant; quibus recte iris vel absinthium adjicitur: post hæc, malagma.

Dandæ vero sorbitiones sunt, omnesque cibi, et calidi, et qui non multum alunt, et fere qui pulmonis quoque dolori conveniunt; præterque eos, qui urinam movent, potionesque ad id efficaces. Utilia in hoc morbo sunt thymum, satureia, hyssopum, nepeta, amylum, sesamum, lauri baccæ, pini flos, herba sanguinalis, mentha, ex malo cotoneo medium, columbæ jecur recens et crudum: ex quibus quædam per se esse, quædam adjicere vel sorbitioni vel potioni licet; sic tamen, ut parce assumantur. Neque alienum est, absinthium contritum ex melle et pipere, ejusque catapotium quotidie devorare.

Abstinendum utique est ab omnibus frigidis: neque enim res ulla magis jecur lædit. Frictionibus utendum in extremis partibus: vitandus omnis labor, omnis vehementior motus: ne spiritus quidem diutius continendus est. Ira, trepidatio, pondus, ictus, cursus,

ORDO.

Initio est optimum mittere sanguinem: tum venter est solvendus, si non potest aliter, per nigrum veratrum: cataplasmata imponenda extrinsecus, primum quæ reprimant, deinde calida, quæ diducant; quibus iris vel absinthium adjicitur recte: post hæc, malagma.

Vero sorbitiones, que omnes cibi, et calidi, et qui non alunt multum sunt dandæ, et fere qui quoque conveniunt dolori pulmonis; que præter eos, qui movent urinam. que potiones (sunt) efficaces ad id. Thymum, satureia, hyssopum, nepeta, amylum, sesamum, baccæ lauri, flos pini, sanguinalis herba, mentha, medium ex cotoneo malo, recens et crudum jecur columbæ, sunt utilia in hoc morbo: ex quibus licet quædam esse per se, adjicere quædam vel sorbitioni vel potioni; tamen sic, ut assumantur parce. Neque est alienum, absinthium contritum ex melle et pipere, que devorare catapotium ejus quotidie.

Utique est abstinendum ab omnibus frigidis: enim neque ulla res lædit jecur magis. (Est) utendum frictionibus in extremis partibus: omnis labor (est) vitandus, omnis vehementior motus: ne quidem spiritus est continendus diutius. Ira, trepidatio, pondus, ictus, cursus, sunt

TRANSLATION.

The first and best step is to let blood: then the bowels must be purged by black hellebore, if that cannot be done otherwise: at first astringent cataplasms must be applied externally, then warm discutient ones: to which iris or wormwood may be advantageously added: after these, a malagma.

Now gruels are to be given, and all food must be both warm and slightly nutritious, and especially such things as are indicated in disease of the lungs; and besides these, other aliments which promote the urine, and diuretic drinks. The following are useful in this disease; viz. thyme, savoury, hyssop, catmint, starch, sesamum, laurel-berries, pine flowers, blood-wort, mint, the pulp of a quince, a fresh raw pigeon's liver: of these some may be eaten alone, some may be added either to the gruel or the drink, yet in such a manner, that they may be taken sparingly. Neither is it improper to swallow wormwood bruised with honey and pepper, and to take a bolus of this daily.

He must carefully avoid every thing cold: for nothing injures the liver more. To employ friction on the extremities: all labour, and violent motion must be avoided: not even the breath should be retained too long. Anger, trepidation, a

inimica sunt. Perfusio corporis multa prodest ex aqua, si hiems est, calida; si æstas, tepida: item liberalis unctio, et in balneo sudor. Si vero jecur vomica laborat, eadem facienda sunt, quæ in ceteris interioribus suppurationibus. Quidam etiam contra id scalpello aperiunt, et ipsam vomicam adurunt.

ORDO.

inimica. Perfusio corporis ex multa aqua prodest, si est hiems, calida; si æstas, tepida: item liberalis unctio, et sudor in balneo. Vero si jecur laborat vomica, eadem sunt facienda, quæ in ceteris interioribus suppurationibus. Etiam quidam aperiunt contra id scalpello, et adurunt vomicam ipsam.

TRANSLATION.

heavy weight, blows, are all inimical. In winter the body should be subjected to a copious effusion of warm water; but in summer, tepid; also plentiful unction, and sweating in the bath. But if there be an imposthume in the liver, the same means are to be used, as in other internal suppurations. Some even make an opening over it with a scalpel, and cauterize the imposthume itself.

CAP. IX.

DE LIENOSIS.

At lienis ubi affectus est, intumescit, simulque cum eo pars sinistra; eaque dura est, et prementi renititur: venter intentus est: aliquis etiam cruribus tumor est: ulcera aut omnino non sanescunt, aut certe cicatricem vix recipiunt: in intenta ambulatione cursuque dolor et quædam difficultas est.

Hoc vitium quies auget: itaque exercitatione et labore opus est; habita tamen ratione, ne febrem ista, si nimium processerint, excitent. Unctiones,

ORDO.

CAP. IX.

DE LIENOSIS.

At ubi est affectus lienis, intumescit, que simul sinistra pars (intumescit) cum eo; que ea est dura, et renititur prementi; venter est intentus: etiam est aliquis tumor cruribus: ulcera aut non sanescunt omnino, aut certe vix recipiunt cicatricem: est quædam dolor et difficultas in intenta ambulatione que cursu.

Quies auget hoc vitium: itaque est opus exercitatione et labore; tamen habita ratione, ne ista excitent febrem, si processerint nimium. Unctiones, que

TRANSLATION.

CHAP. IX.

DISEASES OF THE SPLEEN.

But when the spleen is affected, it swells, and at the same time the left side is enlarged with it, indurated, and resists pressure: the abdomen is tense: there is also some swelling of the legs: the ulcers either do not heal at all, or at best they cicatrize with difficulty: walking briskly or running is accompanied with pain and some difficulty.

Rest aggravates this disease: hence labour and exercise are necessary; yet exercising a due precaution, lest those things excite fever, if they be carried too

frictionesque, et sudores necessarii sunt. Dulcia omnia inimica sunt; item lac et caseus: acida autem maxime conveniunt. Ergo acetum acre per se sorbere, et magis etiam, quod scilla conditum est, expedit.

Edenda sunt salsamenta, vel oleæ ex muria dura; tinctæ in aceto lactucæ, intubique ex eodem, betæ ex sinapi, asparagus, armoracia, pastinaca, ungulæ, rostra, aves macræ, ejusdem generis venatio. Potui vero jejuno dari debet absinthium incoctum: at post cibum aqua a ferrario fabro, in qua candens ferrum subinde tinctum sit: hæc enim vel præcipue lienem coercet. Quod animadversum est in iis animalibus, quæ apud hos fabros educata exiguos lienes habent.

Potest etiam dari vinum tenue, austerum; omniaque in cibis et potionibus, quæ urinæ movendæ sunt. Præcipueque ad id valet vel trifolii semen, vel cuminum, vel apium, vel serpyllum, vel cytisus, vel portulaca, vel nepeta, vel thymum, vel hyssopum, vel satureia: hæc enim inde commodissime videntur humorem educere. Lienis quoque bubulus utiliter esui datur; præcipueque eruca et nasturtium lienem extenuant.

ORDO.

frictiones, et sudores sunt necessarii. Omnia dulcia sunt inimica; item lac et caseus: autem acida conveniunt maxime. Ergo, expedit sorbere acre acetum per se, et etiam magis, quod est conditum scilla.

Salsamenta sunt edenda, vel oleæ ex dura muria; lactucæ tinctæ in aceto, que intubi ex eodem, betæ ex sinapi, asparagus, armoracia, pastinaca, ungulæ, rostra, macræ aves, venatio ejusdem generis. Vero incoctum absinthium debet dari potui jejuno: at aqua a ferrario fabro, in qua candens ferrum sit tinctum subinde post cibum: enim hæc vel præcipue coercet lienem. Quod est animadversum in iis animalibus, quæ educata apud hos fabros, habent exiguos lienes.

Tenue, austerum vinum etiam potest dari; que omnia in cibis et potionibus, quæ sunt movendæ urinæ. Que præcipue vel semen trifolii valet ad id, vel cuminum, vel apium, vel serpyllum, vel cytisus, vel portulaca, vel nepeta, vel thymum, vel hyssopum, vel satureia: enim hæc videntur educere humorem inde commodissime. Quoque lienis bubulus datur esui utiliter; que eruca et nasturtium præcipue extenuant lienem.

TRANSLATION.

far. Unction, friction, and perspiration are necessary. All sweet things are injurious; also milk and cheese: but acid things are more compatible. Therefore it is expedient to sip sharp vinegar by itself, and more particularly that in which squills have been preserved.

Salsaments should be eaten, or olives preserved in strong brine; lettuces and endive dipped in vinegar, and beet-root with mustard, asparagus, horseradish, wild parsnip, the feet, cheeks of animals, lean birds, and game. But a decoction of wormwood ought to be given to the patient fasting by way of drink: but after food the water of a blacksmith's forge, in which he plunges his hot irons very frequently, for this has a very powerful effect on the spleen. This has been observed in those animals reared about smithies, that they have small spleens.

Attenuated, and even austere wine may be given, and every thing in the food or drink that is calculated to promote the urine. The seed of trefoil possesses considerable efficacy, or cumin, or parsley, or wild thyme, or cytisus (18), or purslane, or cat-mint, or thyme, or hyssop, or savoury: for these things seem to abstract the humour from it most effectually. The spleen of an ox is also given with advantage; and rocket and cresses have a powerful influence in extenuating the spleen.

Imponenda quoque extrinsecus sunt, quæ levent. Fit ex unguento et palmulis, quod μυροβάλανον Græci vocant: fit ex lini et nasturtii semine, quo vinum et oleum adjicitur: fit ex cupresso viridi, et arida ficu: fit ex sinapi, cui sevi hircini a renibus quarta pars ponderis adjicitur, teriturque in sole, et protinus imponitur.

Multisque modis huic rei cappari aptum est: nam et ipsum cum cibo assumere, et muriam ejus cum aceto sorbere commodum est. Quin etiam extrinsecus radicem contritam, vel corticem ejus cum furfuribus, aut ipsum cappari cum melle contritum imponere expedit. Malagmata quoque huic rei aptantur.

ORDO.

Quoque, quæ levent sunt imponenda extrinsecus. Quod Græci vocant μυροβάλανον (myrobalanus), fit ex unguento et palmulis: fit ex semine lini et nasturtii, quo vinum et oleum adjicitur: fit ex viridi cupresso, et arida ficu: fit ex sinapi, cui quarta pars ponderis sevi a renibus hircini adjicitur, quo teritur in sole, et imponitur protinus.

Que cappari est aptum huic rei multis modis: nam et est commodum assumere ipsum cum cibo, et sorbere muriam ejus cum aceto. Quin etiam expedit imponere radicem, vel corticem ejus contritam cum furfuribus, aut cappari ipsum contritum cum melle extrinsecus. Quoque malagmata aptantur huic rei.

TRANSLATION.

There should be some external applications also to relieve the pain. That which the Greeks call myrobalanus is made out of ointment and dates: or of lint-seed and the seed of cresses, to which they add wine and oil: or it is made of green cypress and dry figs: or of mustard with a fourth part of the suet of a goat's kidney, rubbed in the sun, and laid on immediately.

Capers too under various modifications are applicable in this case: for it is not only advantageous to take it with food, but to sip the liquor of it with vinegar. Also it is expedient to apply the bruised root externally, or the rind of it with bran, or the caper itself rubbed up with honey. Malagmata also are applicable in this disease.

CAP. X.

DE RENUM MORBIS.

At renes ubi affecti sunt, diu male habent. Pejus est, si frequens biliosus vomitus accedit. Oportet conquiescere: cubare molliter: solvere alvum; si ali-

ORDO.

CAP. X.

DE MORBIS RENUM.

At ubi renes sunt affecti, habent male diu. Est pejus, si frequens biliosus vomitus accedit. Oportet conquiescere: cubare molliter: solvere alvum; si non respondet

TRANSLATION.

CHAP. X.

THE DISEASES OF THE KIDNEYS.

But when the kidneys are affected, they remain so for a long time. It is worse if frequent bilious vomiting accompany it. Rest must be enjoined: to lie on a soft

ter non respondet, etiam ducere: sæpe desidere in aqua calida: neque cibum, neque potionem frigidam assumere: abstinere ab omnibus salsis, acribus, acidis, pomis: bibere liberaliter: adjicere modo cibo, modo potioni piper, porrum, ferulam, album papaver, quæ maxime inde urinam movere consuerunt.

Auxilio quoque his exulceratis sunt, si adhuc ulcera purganda sunt, cucumeris semina detractis corticibus sexaginta, nuclei ex pinu silvestri duodecim, anisi quod tribus digitis sumi possit, croci paulum, contrita et in duas mulsi potiones divisa.

Si vero dolor tantum levandus est, ejusdem cucumeris semina triginta, iidem nuclei viginti, nuces Græcæ quinque, croci paululum, contrita et cum lacte potui data. Ac super quoque recte quædam malagmata injiciuntur; maximeque ea, quæ humori extrahendo sunt.

ORDO.

aliter, etiam ducere: sæpe desidere in calida aqua: assumere neque cibum, neque frigidam potionem: abstinere ab omnibus salsis, acribus, acidis, pomis: bibere liberaliter: adjicere modo cibo, modo potioni, piper, porrum, ferulam, album papaver, quæ maxime consuerunt movere urinam inde.

Quoque, si ulcera sunt purganda adhuc, sexaginta semina cucumeris, corticibus detractis, duodecim nuclei ex silvestri pinu, anisi quod possit sumi tribus digitis, paulum croci, contrita et divisa in duas potiones mulsi, sunt auxilio his exulceratis.

Vero si dolor tantum est levandus, triginta semina ejusdem cucumeris, iidem viginti nuclei, quinque Græcæ nuces, paululum croci, contrita et data cum lacte potui. Ac quoque quædam malagmata injiciuntur super recte; que maxime ea, quæ sunt extrahendo humori.

TRANSLATION.

bed: to relax the bowels; even to glyster them, if they be not opened otherwise: to sit down frequently in warm water: to take neither food nor drink cold: to abstain from every thing salt, acrid, acid, and fruit of the apple kind: to drink copiously: to add sometimes to the food, sometimes to the drink, pepper, leeks, ferula (19), and the white poppy, which things possess a powerful influence in promoting the urine from thence.

If the kidneys be ulcerated, and those ulcers require to be cleansed, the following remedy will be beneficial: take sixty cucumber seeds decorticated, twelve kernels of the wild pine, of anise as much as may be taken up with three fingers, a little saffron: all these to be bruised together, and divided into two draughts of hydromel.

But if the pain only is to be alleviated, thirty cucumber seeds, twenty of the above named kernels, five sweet almonds, a very little saffron, all bruised and given with milk as a drink. Also some malagmata may be applied over the part; and especially those which are calculated for extracting the humour.

CAP. XI.

DE INTESTINORUM MORBIS: ET PRIMO DE CHOLERA.

A VISCERIBUS ad intestina veniendum est, quæ sunt et acutis et longis morbis obnoxia. Primoque facienda mentio est choleræ; quia commune id stomachi atque intestinorum vitium videri potest. Nam simul et dejectio et vomitus est: præterque hæc inflatio est, intestina torquentur, bilis supra infraque erumpit, primum aquæ similis, deinde ut in ea recens caro lota esse videatur, interdum alba, nonnumquam nigra, vel varia.

Ergo eo nomine morbum hunc χολέραν Græci nominarunt. Præter ea vero, quæ supra comprehensa sunt, sæpe etiam crura manusque contrahuntur, urget sitis, anima deficit: quibus concurrentibus non mirum est, si subito quis moritur. Neque tamen ulli morbo minori momento succurritur.

ORDO.

CAP. XI.

DE MORBIS INTESTINORUM; ET PRIMO DE CHOLERA.

EST veniendum a visceribus ad intestina, quæ sunt obnoxia et acutis et longis morbis. Que primo mentio est facienda choleræ; quia id potest videri commune vitium stomachi atque intestinorum. Nam est simul et dejectio et vomitus: que præter hæc est inflatio, intestina torquentur, bilis erumpit supra que infra, primum similis aquæ, deinde ut recens caro videatur esse lota in ea, interdum alba, nonnumquam nigra, vel varia.

Ergo Græci nominarunt hunc morbum eo nomine χολέραν (cholera). Vero præter ea, quæ sunt comprehensa supra, crura que manus etiam contrahuntur sæpe, sitis urget, anima deficit: quibus concurrentibus non est mirum, si quis moritur subito. Neque tamen succurritur ulli morbo minori momento.

TRANSLATION.

CHAP. XI.

DISEASES OF THE INTESTINES, AND FIRST OF CHOLERA.

FROM the viscera we proceed to the intestines, which are susceptible both of acute and chronic diseases. In the first place I must make mention of cholera; because it appears to be a disease common to the stomach and intestines. For there is both purging and vomiting at the same time: besides these, there is flatus, tormina of the intestines, bile is ejected both upwards and downwards, at first it resembles water, afterwards as if fresh meat had been washed in it, sometimes white, sometimes black, or variegated.

Therefore the Greeks have given to this disease the name of cholera. But besides those symptoms which have been enumerated above, the legs and hands are often seized with involuntary contractions, and the patient is attacked with violent thirst and syncope: with such a combination of causes it need not surprise us if the patient die suddenly. Yet there is no disease relieved with less difficulty.

Protinus ergo, ubi ista cœperunt, aquæ tepidæ quam plurimum bibere oportet, et vomere. Vix umquam sic non vomitus sequitur; sed etiamsi non incidit, miscuisse tamen novam materiam corruptæ prodest; parsque sanitatis est, vomitum esse suppressum. Si id incidit, protinus ab omni potione abstinendum est. Si vero tormina sunt, oportet frigidis et humidis fomentis stomachum fovere; vel, si venter dolet, iisdem egelidis, sic, ut venter ipse mediocriter calentibus juvetur.

Quod si vehementer et vomitus, et dejectio, et sitis vexant, et adhuc subcruda sunt, quæ vomuntur, nondum vino maturum tempus est: aqua, neque ea ipsa frigida, sed potius egelida danda est: admovendumque naribus est pulegium ex aceto, vel polenta vino aspersa, vel mentha secundum naturam est.

At cum discussa cruditas est, tum magis verendum est, ne anima deficiat. Ergo tum confugiendum est ad vinum. Id esse oportet tenue, odoratum, cum aqua frigida mistum; vel polenta ad-

ORDO.

Ergo protinus, ubi ista cœperunt, oportet bibere quam plurimum tepidæ aquæ, et vomere. Sic vomitus vix umquam non sequitur; sed etiamsi non incidit, tamen prodest miscuisse novam materiam corruptæ; que vomitum esse suppressum, est pars sanitatis. Si id incidit, est protinus abstinendum ab omni potione. Vero si sunt tormina, oportet fovere stomachum frigidis et humidis fomentis; vel, si venter dolet, iisdem egelidis, sic, ut venter ipse juvetur mediocriter calentibus.

Quod si et vomitus, et dejectio, et sitis vexant vehementer, et quæ vomuntur, sunt adhuc subcruda, est nondum maturum tempus vino: aqua est danda, neque ea ipsa frigida, sed potius egelida: que pulegium ex aceto est admovendum naribus, vel polenta aspersa vino, vel mentha secundum naturam.

At cum cruditas est discussa, tum est verendum magis, ne anima deficiat. Tum ergo est confugiendum ad vinum. Id oportet esse tenue, odoratum, mistum cum frigida aqua; vel

TRANSLATION.

Therefore when those symptoms have appeared, he should be compelled to drink copiously of tepid water without delay, and to vomit. This scarcely ever fails to excite vomiting; but although it may not, yet it will be beneficial to mingle fresh fluids with that which is already vitiated; and it is one half of the recovery, if the vomiting be suppressed. If that be accomplished, he should abstain from all drink immediately. If there be tormina, it will be necessary to bathe the stomach with cold and moist fomentations; or if the abdomen be painful, the same to be applied, tepid, and to relieve the bowels themselves by something moderately warm.

But if both vomiting, and purging, and thirst violently harass the patient, and what is ejected be as yet somewhat crude, it is not yet the proper time for wine: water must be given, and even that itself not cold, but rather lukewarm. Pennyroyal dipped in vinegar should be applied to the nostrils, or polenta sprinkled with wine, or mint in the natural state (20).

But when the indigestion has been removed, then there is the more reason to apprehend syncope. Therefore that is the time to resort to wine. This ought to be diluted, fragrant, and mixed with cold water; or it may be expedient to take it

jecta, vel melle quoque assumere expedit: quotiesque aliquid aut stomachus, aut venter effudit, toties per hæc vires restituere.

Erasistratus primo tribus vini guttis, aut quinis aspergendam potionem esse dixit; deinde paulatim merum adjiciendum. Is, si et ab initio vinum dedit, et metum cruditatis secutus est, non sine causa fecit: si vehementem infirmitatem adjuvari posse tribus guttis putavit, erravit.

At si inanis est homo, et crura ejus contrahuntur, interponenda potio absinthii est. Si extremæ partes corporis frigent, ungendæ sunt calido oleo, cui ceræ paulum sit adjectum, calidisque fomentis nutriendæ. Si ne sub his quidem quies facta est, extrinsecus contra ventriculum ipsum cucurbitula admovenda est, aut sinapi superimponendum.

Ubi is constitit, dormire oportet: postero die utique a potione abstinere: die tertio in balneum ire: paulatim se cibo reficere; somno quisquis facile adquiescit; vitataque lassitudine et frigore. Si post suppressam choleram

ORDO.

polenta adjecta, vel quoque expedit assumere melle: que quoties aut stomachus, aut venter effudit aliquid, toties restituere vires per hæc.

Erasistratus primo dixit potionem esse aspergendam tribus, aut quinis guttis vini; deinde merum (est) adjiciendum paulatim. Is, si dedit vinum et ab initio, et est secutus metum cruditatis, fecit non sine causa: si putavit vehementem infirmitatem posse adjuvari tribus guttis, erravit.

At si homo est inanis, et crura ejus contrahuntur, potio absinthii est interponenda. Si extremæ partes corporis frigent, sunt ungendæ calido oleo, cui paulum ceræ sit adjectum, que (sunt) nutriendæ calidis fomentis. Si ne quidem quies est facta sub his, cucurbitula est admovenda extrinsecus contra ventriculum ipsum, aut sinapi (est) superimponendum.

Ubi is constitit, oportet dormire: utique abstinere a potione postero die: ire in balneum tertio die: reficere se cibo paulatim; quisquis adquiescit facile somno; que lassitudine et frigore vitata. Si febricula manet post choleram suppres-

TRANSLATION.

either with the addition of polenta, or honey: and as often as the stomach or bowels have ejected their contents, so often must they be replenished by these means.

Erasistratus said that the drink should be mixed at first with three or five drops of wine; afterwards pure wine to be added gradually. If he gave wine from the beginning, with the fear of indigestion, he did it not without a motive: but if he thought that great debility could be relieved by three drops of wine, he was mistaken.

But if the patient be weak, and his legs affected with spasm, a potion of wormwood is to be given at intervals. If the extremities of the body be cold, they are to be anointed with hot oil, to which a little wax may be added, and to be soothed with hot fomentations. If rest have not been procured even by these, a cupping glass should be applied externally over the stomach itself, or a sinapism laid over it.

When the action of this organ has ceased, it behoves the patient to sleep: on the following day he must abstain from drink: on the third day to take a bath; to restore himself gradually with food, and sleep, whoever rests easily; avoiding lassitude and cold. If slight fever remain after the suppression of the cholera, it will

febricula manet, alvum duci necessarium est: tum cibis, vinoque utendum est. Sed hic quidem morbus et acutus est, et inter intestina stomachumque versatur sic, ut, cujus potissimum partis sit, non facile dici possit.

ORDO.

sam, est necessarium alvum duci: tum est utendum cibis, que vino. Sed hic quidem morbus est et acutus, et sic versatur inter stomachum que intestina, ut, non possit facile dici, cujus partis potissimum sit.

TRANSLATION.

be necessary to administer an injection, then to take food and wine. Now this disease indeed is both acute, and exists between the stomach and intestine, so that it is a difficult matter to say, of what part it may be.

CAP. XII.

DE CŒLIACO VENTRICULI MORBO.

In ipsius vero ventriculi porta consistit is, qui et longus esse consuevit: κοιλιακὸς a Græcis nominatur. Sub hoc venter indurescit, dolorque ejus est: alvus nihil reddit, ac ne spiritum quidem transmittit: extremæ partes frigescunt: difficulter spiritus redditur.

Commodissimum est inter initia calida cataplasmata toti ventri imponere, ut dolorem leniant: post cibum vomere, atque ita ventrem exinanire: proximis deinde diebus cucurbitulas

ORDO.

CAP. XII.

DE CŒLIACO MORBO VENTRICULI.

Vero is qui consistit in porta ventriculi ipsius, et (qui) consuevit esse longus: nominatur κοιλιακὸς (cœliacus morbus). Sub hoc venter indurescit, que est dolor ejus: alvus reddit nihil, ac ne quidem transmittit spiritum: extremæ partes frigescunt: spiritus redditur difficulter.

Est commodissimum imponere calida cataplasmata toti ventri inter initia, ut leniant dolorem: vomere post cibum, atque ita exinanire ventrem: deinde proximis diebus admovere cu-

TRANSLATION.

CHAP. XII.

THE CŒLIAC DISEASE OF THE STOMACH.

But there exists in the pyloric orifice of the stomach itself, a disease which is usually of a chronic character: it is named cœliacus by the Greeks. Under this disease the abdomen becomes indurated and painful: the bowels are constricted, and does not even permit the escape of flatus: the extremities are cold: the breathing is rendered difficult.

In the commencement it is most advantageous to apply hot cataplasms over the whole of the abdomen, that they may relieve the pain: to vomit after food, and by this to empty the stomach: on the subsequent days to apply the cupping glasses

sine ferro ventri et coxis admovere: ventrem ipsum liquare dato lacte, et vino salso, frigido; si tempus anni patitur, etiam viridibus ficis: sic tamen, ne quis aut cibus, aut humor universus detur, sed paulatim.

Ergo per intervalla temporis sat est cyathos binos ternosve sumere, et cibum pro portione hujus: commodeque facit cyatho lactis cyathus aquæ mistus, et sic datus: cibique inflantes et acres utiliores sunt; adeo ut lacti quoque recte contritum allium adjiciatur. Procedente vero tempore, opus est gestari; maximeque navigare; perfricari ter aut quater in die, sic, ut nitrum oleo adjiciatur; perfundi aqua calida post cibum; deinde sinapi imponere per omnia membra, excepto capite, donec arrodatur et rubeat; maximeque si corpus durum et virile est: paulatim deinde faciendus est transitus ad ea, quæ ventrem comprimunt.

Assa caro danda, valens, et quæ non facile corrumpatur: potui vero, pluvialis aqua decocta, sed quæ per binos ternosve cyathos bibatur. Si vetus vitium est, oportet laser quam optimum ad piperis magnitudinem de-

ORDO.

curbitulas sine ferro ventri et coxis: liquare ventrem ipsum lacte dato, salso, et frigido vino; si tempus anni patitur, etiam viridibus ficis: tamen sic, ne quis aut cibus, aut humor detur universus, sed paulatim.

Ergo per intervalla temporis est sat sumere binos ve ternos cyathos, et cibum pro portione hujus: que cyathus lactis mistus cyatho aquæ, et sic datus, facit commode: que inflantes et acres cibi sunt utiliores; adeo ut quoque contritum allium adjiciatur lacti recte. Vero tempore procedente, est opus gestari; que maxime navigare; perfricari ter aut quater in die, sic, ut nitrum adjiciatur oleo; calida aqua perfundi post cibum; deinde imponere sinapi per omnia membra, capite excepto, donec arrodatur, et rubeat; que maxime si corpus est durum et virile: deinde transitus est faciendus paulatim ad ea, quæ comprimunt ventrem.

Valens assa caro (est) danda, et quæ non corrumpatur facile: vero decocta pluvialis aqua potui, sed quæ bibatur per binos veternos cyathos. Si vitium est vetus, oportet devorare laser quam optimum, ad magnitu-

TRANSLATION.

without incision on the abdomen and hips: to relax the bowels by giving milk, and cold salt wine; green figs also, if it be the season of the year; yet this must be managed so that, neither the food nor the drink be given all together, but by little and little at a time.

Therefore it will be sufficient to take two or three glasses at intervals of time, and food in proportion: a glass of water mixed with a glass of milk, and so given, does very well: inflating and acrid foods are the more useful; so that bruised garlick may be given with milk advantageously. But in the progress of the treatment, gestation will be necessary, and especially sailing; to be rubbed three or four times a day, with oil and nitre commixed; to have warm water poured over him after food; then to apply sinapisms over all the limbs except the head, until they become blistered and red; especially if the body be firm and muscular; afterwards we must make a gradual transition to those things which repress the bowels.

The best roast flesh should be given, such as does not easily become putrescent: boiled rain water for drink, which may be taken by two or three glasses. If the disease be chronic, the patient must swallow the size of a pepper corn of the best

vorare: altero quoque die vinum vel aquam bibere: interdum interposito cibo, singulos vini cyathos sorbere: ex inferiori parte infundere pluviatilem egelidam aquam, maximeque si dolor in imis partibus remanet.

ORDO.

dinem piperis: bibere vinum vel aquam quoque altero die: interdum cibo interposito, sorbere singulos cyathos vini: infundere egelidam pluviatilem aquam ex inferiore parte, que maxime si dolor remanet in imis partibus.

TRANSLATION.

assafœtida: on every other day to drink wine or water: sometimes to sip single glasses of wine, interposing food between: to inject tepid rain water *per rectum*, and especially, if the pain remain in the lower parts.

CAP. XIII.

DE TENUIORIS INTESTINI MORBO.

INTRA ipsa vero intestina consistunt duo morbi; quorum alter in tenuiore, alter in pleniore est. Prior acutus est; insequens esse longus potest. Diocles Carystius tenuioris intestini morbum χόρδαψον, plenioris εἴλεὸν nominavit. A plerisque video nunc illum priorem εἴλεὸν, hunc κολικὸν nominari.

Sed prior modo supra umbilicum, modo sub umbilico dolorem movet. Fit alterutro loco inflammatio: nec alvus, nec spiritus infra transmittitur: si superior pars affecta est, cibus, si in-

ORDO.

CAP. XIII.

DE MORBO TENUIORIS INTESTINI.

VERO duo morbi consistunt intra intestina ipsa; alter quorum est in tenuiore, alter in pleniore. Prior est acutus; insequens potest esse longus. Diocles Carystius nominavit morbum tenuioris intestini χόρδαψον (chordapsus), plenioris εἴλεὸν (ileus). Nunc video illum priorem nominari εἴλεὸν (ileum), hunc κολικὸν (colicum) a plerisque.

Sed prior movet dolorem modo supra umbilicum, modo sub umbilico. Inflammatio fit alterutro loco: nec alvus, nec spiritus transmittitur infra: si superior pars est affecta, cibus redditur per os, si inferior (est

TRANSLATION.

CHAP. XIII.

THE DISEASE OF THE SMALLER INTESTINES.

Now there are two diseases peculiar to the intestines themselves; one of which is in the smaller, the other in the larger intestine. The first is acute: the latter may be chronic. Diocles the Carystian called the disease of the smaller intestine chordapsus, that of the larger ileus.

But I observe now that most persons term the first ileus, the latter colicus. Now the first causes a pain sometimes above the umbilicus, sometimes below it. Inflammation takes place in either part: neither the fæces nor wind pass downwards: if the upper part be affected, food, if the lower, stercoraceous matter is

ferior, stercus per os redditur; si utrumlibet vetus est. Adjicit periculo vomitus biliosus, mali odoris, aut varius, aut niger.

Remedium est, sanguinem mittere; vel cucurbitulas pluribus locis admovere, non ubique cute incisa: id enim duobus aut tribus locis satis est: ex ceteris spiritum evocare abunde est. Tum animadvertere oportet, quo loco malum sit: solet enim contra id tumere.

Et si supra umbilicum est, alvi ductio utilis non est: si infra est, alvum ducere, ut Erasistrato placuit, optimum est; et sæpe id auxilii satis est. Ducitur autem percolato ptisanæ cremore, cum oleo et melle, sic, ut præterea nihil adjiciatur. Si nihil tumet, duas manus imponere oportet supra summum ventrem, paulatimque deducere: invenietur enim mali locus, qui necesse est renitatur; et ex eo deliberari poterit, ducenda, nec ne alvus sit.

Illa communia sunt: calida cataplasmata admovere, eaque imponere a mammis usque ad inguina et spinam, ac sæpe mutare: brachia cruraque perfri-

ORDO.

affecta), stercus (redditur per os); si utrumlibet (morbus) est vetus. Biliosus, aut varius, aut niger vomitus, mali odoris, adjicit periculo.

Remedium est, mittere sanguinem; vel admovere cucurbitulas pluribus locis, cute non incisa ubique: enim id est satis duobus aut tribus locis: est abunde evocare spiritum ex ceteris. Tum oportet animadvertere, quo loco malum sit: enim solet tumere contra id (locum).

Et si est supra umbilicum, ductio alvi non est utilis: si est infra, est optimum, ducere alvum, ut placuit Erasistrato; et id est sæpe satis auxilii. Autem ducitur percolato cremore ptisanæ, cum oleo et melle, sic, ut nihil præterea adjiciatur. Si nihil tumet, oportet imponere duas manus supra summum ventrem, que deducere paulatim: enim locus mali invenietur, qui est necesse renitatur; et poterit deliberari ex eo, necne, alvus sit ducenda.

Illa sunt communia (remedia): admovere calida cataplasmata, que imponere ea a mammis usque ad inguina et spinam, ac mutare sæpe: perfricare brachia

TRANSLATION.

rendered by the mouth; in either the one or the other the case is inveterate. Bilious vomiting of bad odour, or various coloured, or black, increases the danger.

The remedy is blood-letting; or to apply the cupping glasses in several places, but the incisions are not to be made every where: for that is sufficient in two or three places: it is enough to abstract the air from the others. Then it is necessary to ascertain, in what place the disease may be seated: for there is usually a swelling over it.

If it be above the umbilicus injections avail nothing: if below, according to Erasistratus, it is best to purge the bowels by injections; and very frequently this remedy is sufficient of itself. Now this enema is composed of the strained liquor of ptisan with oil and honey, so that nothing else need be added. If there be no tumefaction, it will be necessary to apply both hands to the upper part of the abdomen, and pass them down gradually; for by this the seat of the disease will be discovered, which must necessarily resist the pressure: and from that it may be inferred, whether the bowels are to be clystered or not.

These are general remedies: to apply hot cataplasms from the breasts as far as the groins and extending to the spine, and to change them often: to rub the arms

care: demittere totum hominem in calidum oleum: si dolor non quiescit, etiam in alvum ex parte inferiore tres aut quatuor cyathos calidi olei dare. Ubi per hæc consecuti sumus, ut jam ex inferiore parte spiritus transmittatur, offerre potui mulsum tepidum non multum: nam ante magna cura vitandum est, ne quid bibat. Si id commode cessit, adjicere sorbitionem.

Ubi dolor et febricula quierunt, tum demum uti cibo pleniore; sed neque inflante, neque duro, neque valido, ne intestina adhuc imbecilla lædantur. Potui vero nihil, præterquam puram aquam. Nam sive quid vinolentum sive acidum est, id huic morbo alienum est. Ac postea quoque vitare oportet balneum, ambulationem, gestationem, ceterosque corporis motus. Nam facile id malum redire consuevit; et sive cum frigus subit, sive aliqua jactatio, nisi bene jam confirmatis intestinis, revertitur.

ORDO.

que crura: demittere totum hominem in calidum oleum: si dolor non quiescit, etiam dare in alvum ex inferiore parte tres aut quatuor cyathos calidi olei. Ubi consecuti sumus per hæc, ut spiritus jam transmittatur ex inferiore parte, offerre non multum tepidum mulsum potui: nam ante magna cura est vitandum, ne bibat quid. Si id cessit commode, adjicere sorbitionem.

Ubi dolor et febricula quierunt, tum demum uti pleniore cibo; sed neque inflante (cibo), neque duro, neque valido, ne intestina adhuc imbecilla lædantur. Vero (dare) nihil potui, præterquam puram aquam. Nam sive quid est vinolentum sive acidum, id est alienum huic morbo. Ac postea oportet quoque vitare balneum, ambulationem, gestationem, que ceteros motus corporis. Nam id malum consuevit redire facile; et sive cum frigus subit, sive aliqua jactatio, revertitur, nisi intestinis bene confirmatis jam.

TRANSLATION.

and legs: to immerse the patient entirely in warm oil: if the pain yield not, to give an injection composed of three or four glasses of warm oil. When by these means we have obtained the expulsion of the wind inferiorly, we may allow the patient a little warm hydromel, but the greatest care must be taken that he shall have drunk nothing previously. If the result be favourable we may add gruel.

When the pain and fever have ceased then we may allow a fuller diet, but neither flatulent, hard, nor strong, lest the intestines being as yet weak, may be injured. But for drink, nothing except pure water: for, whether any thing be vinous or acid, it is alike injurious in this disease. Even afterwards he must avoid bathing, walking, gestation, and other movements of the body. This disease is easily induced to return; and whether it be brought on by cold, or some agitation, unless the intestinal canal be restored to a healthy state, it is reproduced.

CAP. XIV.

DE MORBO INTESTINI PLENIORIS.

Is autem morbus, qui in intestino pleniore est, in ea maxime parte est, quam cæcam esse proposui. Vehemens fit inflatio, vehementes dolores, dextra magis parte: intestinum, quod verti videtur, prope spiritum elidit. In plerisque post frigora cruditatesque oritur, deinde quiescit; et per ætatem sæpe repetens sic cruciat, ut vitæ spatio nihil demat.

Ubi is dolor cœpit, admovere sicca et calida fomenta oportet; sed primo lenta, deinde validiora; simulque frictione ad extremas partes, id est, crura brachiaque materiam evocare: si discussus non est, qua dolet, cucurbitulas sine ferro defigere. Est etiam medicamentum ejus rei causa comparatum, quod κολικὸν nominatur. Id se repperisse Cassius gloriabatur. Magis prodest potui datum: sed impositum quoque extrinsecus, digerendo spiritum, dolorem levat.

ORDO.

CAP. XIV.

DE MORBO PLENIORIS INTESTINI.

Autem is morbus, qui est in pleniore intestino, est maxime in ea parte, quam proposui esse cæcam. Vehemens inflatio fit, vehementes dolores, magis dextra parte: intestinum, quod videtur verti, prope elidit spiritum. In plerisque oritur post frigora que cruditates, deinde quiescit; et sæpe repetens per ætatem sic cruciat, ut demat nihil spatio vitæ.

Ubi is dolor cœpit, oportet admovere sicca et calida fomenta; sed primo lenta, deinde validiora; que simul evocare materiam ad extremas partes, id est, crura que brachia frictione: si non est discussus, qua dolet, defigere cucurbitulas sine ferro. Etiam est medicamentum comparatum causa ejus rei, quod nominatur κολικὸν (colicus). Cassius gloriabatur se repperisse id. Prodest magis datum potui: sed quoque impositum extrinsecus, levat dolorem, digerendo spiritum.

TRANSLATION.

CHAP. XIV.

THE DISEASE OF THE LARGER INTESTINE.

Now that disease, which arises in the larger intestine, is chiefly confined to that part which I previously described as the cæcum. There is great inflation produced, violent pains, particularly in the right side: the intestine, which seems to be everted, almost forces out the wind. It arises in most cases after colds and indigestion, then ceases: and frequently returning during the whole of a person's life, inflicts a torment, without abbreviating the term of existence.

When this pain has begun, it is necessary to apply dry and warm fomentations; but at first gentle, afterwards more powerful; and at the same time to produce a derivation of the humour to the extremities, that is the legs and arms, by friction: if it be not removed, to apply dry cupping over the part affected. There is also a remedy prepared for this purpose, which is named Colicon. Cassius boasted of having discovered it. It is more advantageously given as a drink; but even applied externally it relieves the pain, by dispersing the wind.

Nisi finito vero tormento, recte neque cibus neque potio assumitur. Quo victu sit utendum iis, qui hoc genere tentantur, jam mihi dictum est. Confectio medicamenti, quod κολικὸν nominatur, ex his constat. Costi, anisi, castorei, singulorum p. ℵ. III. petroselini p. deñ. III. piperis longi, et rotundi, singulorum p. ℵ. II. papaveris lacrimæ, junci rotundi, myrrhæ, nardi, singulorum p. ℵ. VI. quæ melle excipiuntur. Id autem et devorari potest, et ex aqua calida sumi.

ORDO.

Vero neque cibus neque potio assumitur recte, nisi tormento finito. Jam est dictum mihi, quo victu sit utendum iis, qui tentatur hoc genere. Confectio medicamenti, quod nominatur κολικὸν (colicus), constat ex his. Costi, anisi, castorei, singulorum p. ℵ. III. petroselini p. deñ. III. longi, et rotundi piperis, singulorum p. ℵ. II. lacrimæ papaveris, rotundi junci, myrrhæ, nardi, singulorum p. ℵ. VI. quæ excipiuntur melle. Autem id et potest devorari, et sumi ex calida aqua.

TRANSLATION.

But neither food nor drink should be given until the pain be removed. I have already treated of the regimen proper for those who are afflicted by this kind of disease (21). The composition of that medicine, which is called Colicon, consists of the following ingredients: of costus, anise, castor, of each p. ℵ. III. of parsley p. den. III. of long, and round pepper of each p. ℵ. II. of poppy tears, round cyperus, myrrh, nard, of each p. ℵ. VI. all incorporated with honey. Now this may be swallowed alone, or taken with warm water.

CAP. XV.

DE TORMINIBUS.

Proxima his inter intestinorum mala tormina esse consueverunt: δυσεντερία Græce vocatur. Intus intestina exulcerantur: ex his cruor manat; isque modo cum stercore aliquo semper liquido, modo cum quibusdam quasi mucosis excernitur: interdum simul quædam carnosa descendunt: frequens dejicien-

ORDO.

CAP. XV.

DE TORMINIBUS.

Proxima his inter mala intestinorum consueverunt esse tormina: vocatur Græce δυσεντερία (dysenteria). Intestina exulcerantur intus: cruor manat ex his; que is modo excernitur cum aliquo stercore, modo cum quibusdam quasi mucosis, semper liquido: interdum quædam carnosa descendunt simul: est fre-

TRANSLATION.

CHAP. XV.

OF DYSENTERIA.

The next disease of the intestines is usually called tormina: in the Greek language it is termed dysenteria. The intestines are ulcerated internally: grumous evacuations come from them; sometimes the excretions are mixed with fæcal matter always liquid, at other times the discharges are slimy; sometimes particles like flesh pass with them: there is a frequent desire of going to stool,

di cupiditas, dolorque in ano est: cum eodem dolore exiguum aliquid emittitur: atque eo quoque tormentum intenditur; idque post tempus aliquod levatur; exiguaque requies est: somnus interpellatur: febricula oritur: longoque tempore id malum, cum inveteraverit, aut tollit hominem, aut, etiamsi finitur, excruciat.

Oportet in primis conquiescere; siquidem omnis agitatio exulcerat: deinde jejunum sorbere vini cyathum, cui contrita radix quinquefolii sit adjecta: imponere cataplasmata super ventrem, quæ reprimunt; quod in superioribus ventris morbis non expedit: quotiesque desidit, subluere aqua calida, in qua decoctæ verbenæ sint: portulacam vel coctam, vel ex dura muria edisse; cibos potionesque eas, quæ adstringunt alvum.

Se vetustior morbus est, ex inferioribus partibus tepidum infundere vel ptisanæ cremorem, vel lac, vel adipem liquatam, vel medullam cervinam, vel oleum, vel cum rosa butyrum, vel cum eadem album crudum ex ovis, vel aquam, in qua lini semen decoctum sit; vel, si somnus non accedit, vitellos cum aqua, in qua rosæ floris folia cocta sint. Levant enim dolorem hæc, et

ORDO.

quens cupiditas dejiciendi, que dolor in ano: aliquid exiguum emittitur cum eodem dolore: atque quoque tormentum intenditur eo; que id post aliquod tempus levatur; que est exigua requies: somnus interpellatur: febricula oritur: que cum id malum inveteraverit, longo tempore, aut tollit hominem, aut, etiamsi finitur, excruciat.

Oportet conquiescere in primis; siquidem omnis agitatio exulcerat: deinde sorbere cyathum vini, cui contrita radix quinquefolii sit adjecta, jejunum: imponere cataplasmata quæ reprimunt, super ventrem; quod non expedit in superioribus morbis ventris: que quoties discedit, subluere calida aqua, in qua verbena sint decoctæ: vel portulacam coctam, vel edisse ex dura muria; cibos que eas potiones, quæ adstringunt alvum.

Si morbus est vetustior, infundere vel tepidum cremorem ptisanæ, ex inferioribus partibus, vel lac, vel liquatam adipem, vel cervinam medullam, vel oleum, vel butyrum cum rosa, vel crudum album ex ovis cum eadem, vel aquam, in qua semen lini sit decoctum; vel, si somnus non accedit, vitellos cum aqua, in qua folia floris rosæ sint cocta. Enim hæc levant dolorem, et efficiunt

TRANSLATION.

and pain in the anus: with this pain a small portion is voided; and even by this the pain is augmented; that is relieved after some time; and then there is a short repose: the sleep is interrupted; slight fever ensues, and in the progress of time, that disease either destroys the patient, when it has become inveterate, or even although it may be terminated, exerts a baneful influence for a long time.

In the first place rest must be enjoined, for every species of agitation ulcerates: then to sip a glass of wine fasting, to which the bruised root of cinquefoil may be added: to apply astringent cataplasms over the abdomen; which are not expedient in the above mentioned diseases of this part; and as often as he goes to stool, to bathe the anus with a warm decoction of vervains; to eat purslane, either boiled or preserved in strong brine; to take those foods and drinks which have a tendency to bind the bowels (22).

If the disease be of long standing, it is proper to inject the cream of ptisan, or milk, or melted fat, or the marrow of a deer, or oil, or butter with rose oil, or the raw whites of eggs with the same, or a decoction of lintseed: or if there be no sleep obtained, the yolks of eggs with a decoction of rose leaves: for these relieve

mitiora ulcera efficiunt; maximeque utilia sunt, si cibi quoque secutum fastidium est.

Themison muria dura quam asperrima sic utendum memoriæ prodidit. Cibi vero esse debent, qui leniter ventrem adstringant. At ea, quæ urinam movent, si id consecuta sunt, in aliam partem humorem avertendo, prosunt; si non sunt consecuta, noxam augent: itaque nisi in quibus prompte id facere consuerunt, non sunt adhibenda. Potui, si febricula est, aqua pura calida, vel ea, quæ ipsa quoque adstringat, dari debet: si non est, vinum leve, austerum.

Si pluribus diebus nihil remedia alia juverunt, vetusque jam vitium est, aquæ bene frigidæ potio assumpta ulcera adstringit, et initium secundæ valetudinis facit. Sed ubi venter suppressus est, protinus ad calidam potionem revertendum est. Solet autem interdum etiam putris sanies, pessimique odoris descendere: solet purus sanguis profluere.

Si superius vitium est, alvus aqua mulsa duci debet; tum deinde eadem infundi, quæ supra comprehensa sunt.

ORDO.

ulcera mitiora; que sunt maxime utilia, si fastidium cibi quoque est secutum.

Themison prodidit memoriæ, quam asperrima dura muria utendum sic. Vero cibi debent esse, qui leniter adstringant ventrem. At ea, quæ movent urinam, prosunt, si sunt consecuta id, avertendo humorem in aliam partem; si non sunt consecuta, augent noxam: itaque non sunt adhibenda, nisi in quibus consuerunt facere id prompte. Si est febricula, pura calida aqua debet dari potui, vel ea, quæ ipsa quoque adstringat: si non est, leve, austerum vinum.

Si alia remedia juverunt nihil pluribus diebus, que vitium est jam vetus, potio bene frigidæ aquæ assumpta adstringit ulcera, et facit initium secundæ valetudinis. Sed ubi venter est suppressus, est protinus revertendum ad calidam potionem. Autem interdum etiam putris sanies, que pessimi odoris solet descendere: purus sanguis solet profluere.

Si vitium est superius, alvus debet duci mulsa aqua; tum deinde eadem, quæ sunt comprehensa supra, infundi. Que

TRANSLATION.

the pain, and render the ulcers milder, and are particularly beneficial, if nausea also have supervened.

Themison has transmitted by his opinion, that the strongest brine should be used in this manner. But the food ought to be such as may bind the bowels gently. But those things which promote the urine have a good effect, if they succeed, by determining the fluids into another part; if they do not, they increase the mischief: therefore they must not be administered, except to those on whom they have been accustomed to produce that effect readily. If there be fever, pure warm water must be given to drink, or that which has an astringent property: if that is not to be had, light, austere wine.

If those remedies have rendered no assistance after the experience of several days, and now the malady has become chronic, the drinking of very cold water astringes the ulcers and thereby institutes the beginning of a cure. But when the bowels have been once constipated, then the patient may return to warm drinks immediately. Sometimes also a putrid sanies, of a most fœtid odour descends; and at other times a flux of pure blood.

If in the former of these maladies, the bowels ought to be injected with diluted hydromel, and then with those things which have been comprehended above. A

Valensque est etiam adversus cancerem intestinorum, minii gleba cum salis hemina contrita, si mista his aqua in alvum datur. At si sanguis profluit, cibi potionesque esse debent, quæ adstringant.

ORDO.

etiam, gleba minii contrita cum hemina salis, est valens adversus cancerem intestinorum, si aqua mista his datur in alvum. At si sanguis profluit, cibi que potiones debent esse, quæ adstringant.

TRANSLATION.

piece of minium triturated with a hemina of salt has a powerful influence on ulcers of the intestines, if these be mixed with water and injected into the bowels. But if there be a flux of blood, the food and drink too should possess astringent properties.

CAP. XVI.

DE LÆVITATE INTESTINORUM.

Ex torminibus interdum intestinorum lævitas oritur; qua continere nihil possunt, et quidquid assumptum est, imperfectum protinus reddunt. Id interdum ægros trahit, interdum præcipitat.

In hoc utique adhibere oportet comprimentia; quo facilius tenendi aliquid intestinis vis sit. Ergo et super pectus ponatur sinapi; exulceratagque cute, malagma, quod humorem evocet: et ex verbenis decocta in aqua desidat: et cibos potionesque assumat, quæ alvum adstringunt: et frigidis utatur perfusionibus.

ORDO.

CAP. XVI.

DE LÆVITATE INTESTINORUM.

LÆVITAS intestinorum interdum oritur ex torminibus; qua nihil possunt continere, et quidquid est assumptum, reddunt protinus imperfectum. Interdum id trahit ægros, interdum præcipitat.

Utique oportet adhibere comprimentia in hoc; quo sit vis intestinis tenendi aliquid facilius. Ergo et sinapi ponatur super pectus; que malagma (ponatur) exulcerata cute, quod evocet humorem: et (malagma) ex verbenis decocta in aqua, desidat: et assumat cibos que potiones, quæ adstringunt alvum: et utatur frigidis perfusionibus.

TRANSLATION.

CHAP. XVI.

OF LIENTERIA.

LIENTERIA sometimes arises from dysenteria; in which the intestines can retain nothing, and whatever the ingesta may be, it is voided in an imperfect state. Sometimes a patient lingers in this disease, sometimes it carries him off rapidly.

In this it is particularly necessary to administer astringents; by which the power of the intestines may be enabled to retain any thing. Therefore mustard should be laid on the chest; and when the skin is ulcerated, a malagma calculated to promote the discharge: the patient may also sit down in a decoction of vervains; and take such food and drink as bind the bowels; and employ the cold affusion.

Oportet tamen prospicere, ne, simul his omnibus admotis, vitium contrarium per immodicas inflationes oriatur. Paulatim ergo firmari intestina debebunt, aliquibus quotidie adjectis. Et cum in omni fluore ventris, tum in hoc præcipue necessarium est, non quoties libet desidere, sed quoties necesse est; ut hæc ipsa mora in consuetudinem ferendi oneris intestina deducat.

Alterum quoque, quod æque ad omnes similes affectus pertinet, in hoc maxime servandum est; ut, cum pleraque utilia insuavia sint, qualis est plantago, et rubi, et quidquid malicorio mistum est, ea potissimum ex his dentur, quæ maxime æger volet: deinde, si omnia ista fastidiet, ad excitandam cibi cupiditatem, interponatur aliquid minus utile, sed magis gratum. Exercitationes et frictiones huic quoque morbo necessariæ sunt; et cum his sol, ignis, balneum, vomitus, ut Hippocrati visum est, etiam albo veratro, si cetera parum proficient, evocatus.

ORDO.

Tamen oportet prospicere, ne, omnibus his admotis, contrarium vitium oriatur per immodicas inflationes. Ergo intestina debebunt firmari paulatim, aliquibus adjectis quotidie. Et cum est necessarium, non desidere quoties libet, sed quoties est necesse, in omni fluore ventris, tum præcipue in hoc; ut hæc mora ipsa deducat intestina in consuetudinem ferendi oneris.

Quoque alterum, quod æque pertinet ad omnes similes affectus, est servandum maxime in hoc; ut, cum sint pleraque utilia insuavia, qualis est plantago, et rubi, et quidquid est mistum malicorio, potissimum ea dentur ex his, quæ æger maxime volet: deinde, si fastidiet omnia ista, ad excitandam cupiditatem cibi, aliquid minus utile interponatur, sed magis gratum. Exercitationes et quoque frictiones sunt necessariæ huic morbo; et cum his, sol, ignis, balneum, vomitus etiam evocatus albo veratro, ut est visum Hippocrati, si cetera proficient parum.

TRANSLATION.

But it is necessary, however, to guard, lest the application of all those remedies at the same time, may not give rise to another disease in the opposite extreme from immoderate flatulencies. Therefore the intestines ought to be strengthened gradually, by adding something to the food daily. Hence in every disorder of the bowels, but more particularly in this, it is necessary, not to go to stool so often as there is a desire, but as often as there is a necessity; that this delay itself may habituate the intestines to bear their usual burden.

There is also, another observation which is equally applicable to all similar affections, and must be particularly adhered to in this; that, since the most useful remedies in this disorder are disagreeable, such as plantain, bramble berries, and whatever is mixed with pomegranate rind, those chiefly are to be given which the patient shall wish most for: but should he loath them all, something less beneficial, but more grateful, may be interposed, to excite a desire for food. Exercises and frictions are also necessary in this disease; and with these, Hippocrates approved of the heat of the sun, fire, the bath, and vomiting, even with white hellebore, if the other means prove abortive.

CAP. XVII.

DE LUMBRICIS ALVUM OCCUPANTIBUS.

NONNUMQUAM autem lumbrici quoque occupant alvum; hique modo ex inferioribus partibus, modo fœdius ore redduntur: atque interdum latos eos, qui pejores sunt, interdum teretes videmus.

Si lati sunt, aqua potui dari debet, in qua lupinum, aut cortex mori decoctus sit; aut cui adjectum sit contritum vel hyssopum, vel piperis acetabulum, vel scammoniæ paulum. Vel etiam pridie, cum multum allium ederit, vomat: posteroque die mali Punici tenues radiculas colligat, quantum manu comprehendet; eas contusas in aquæ tribus sextariis decoquat, donec tertia pars supersit; huc adjiciat nitri paulum, et jejunus bibat. Interpositis deinde tribus horis, duas potiones sumat, aut aquæ, vel muriæ duræ sit adjecta: tum desidat subjecta calida aqua in pelve.

Si vero teretes sunt, qui pueros maxime exercent, et eadem dari possunt, et

ORDO.

CAP. XVII.

DE LUMBRICIS OCCUPANTIBUS ALVUM.

AUTEM nonnumquam lumbrici quoque occupant alvum; que hi modo redduntur ex inferioribus partibus modo fœdius, ore: atque interdum videmus eos latos, qui sunt pejores, interdum teretes.

Si sunt lati, aqua debet dari potui, in qua lupinum, aut cortex mori sit decoctus; aut cui vel contritum hyssopum, vel acetabulum piperis, vel paulum scammoniæ sit adjectum. Vel etiam vomat pridie, cum ederit multum allium: que postero die colligat tenues radiculas Punici mali, quantum comprehendit manu; eas contusas decoquat in tribus sextariis aquæ, donec tertia pars supersit; huc adjiciat paulum nitri, et bibat jejunus. Deinde tribus horis interpositis, sumat duas potiones, aut aquæ, vel sit adjecta duræ muriæ: tum desidat calida aqua in pelve subjecta.

Vero si sunt teretes, qui maxime exercent pueros, et eadem

TRANSLATION.

CHAP. XVII.

OF WORMS OCCUPYING THE ALIMENTARY CANAL.

Now sometimes worms are found to occupy the intestines; and these are sometimes passed downwards, sometimes, more disagreeably, by the mouth: and sometimes we observe them to be broad, which are worse, sometimes round.

If they be broad, a decoction of lupins, or mulberry bark may be given as a drink; or to which either bruised hyssop, or an acetabulum of pepper, or a little scammony may be added. Or let the patient take an emetic, after having eaten plentifully of garlick the day before: and on the day following let him collect a handful of the small tendrils of pomegranate; boil these, after bruising them, in three sextarii of water, until only one-third remain; to this he may add a little nitre, and drink this decoction fasting. Then after an interval of three hours, he may take two draughts of this decoction (23), or of water, with the addition of strong brine: then he may go to stool, having a basin of hot water placed below him.

But if they be the round worm, which are mostly found in children, the same

quædam leviora; ut contritum semen urticæ, aut brassicæ, aut cumini cum aqua, vel mentha cum eadem, vel absinthium decoctum, vel hyssopum ex aqua mulsa, vel nasturtii semen cum aceto contritum. Edisse etiam et lupinum, et allium prodest; vel in alvum oleum subter dedisse.

ORDO.

possunt dari, et quædam leviora; ut contritum semen urticæ, aut brassicæ, aut cumini cum aqua, vel mentha cum eadem, vel decoctum absinthium, vel hyssopum ex mulsa aqua, vel semen nasturtii contritum cum aceto. Etiam edisse et lupinum, et allium prodest; vel dedisse oleum subter in alvum.

TRANSLATION.

medicine may be given, and something milder; as the bruised seed of nettles, or of cabbage, or of cumin with water, or mint with the same, or a decoction of wormwood, or hyssop with hydromel, or the seed of cresses bruised with vinegar. To eat either lupins or garlick does good; or to administer an injection of oil.

CAP. XVIII.

DE TENESMO.

Est autem aliud levius omnibus proximis, de quibus supra dictum est, quod τεινεσμὸν Græci vocant. Id neque acutis neque longis morbis adnumerari debet, cum et facile tollatur, neque umquam per se jugulet.

In hoc æque atque in torminibus frequens desidendi cupiditas est; æque dolor, ubi aliquid excernitur. Descendunt autem pituitæ mucisque similia, interdum etiam leviter subcruenta: sed his interponuntur nonnumquam ex cibo quoque recte coacta.

Desidere oportet in aqua calida; sæpiusque ipsum anum nutrire; cui plura

ORDO.

CAP. XVIII.

DE TENESMO.

Autem est aliud levius (quam) omnibus proximis, de quibus est dictum supra, quod Græci vocant τεινεσμὸν (tenesmus). Id debet neque adnumerari acutis morbis, neque longis, cum et tollatur facile, neque umquam jugulet per se.

In hoc æque atque in torminibus est frequens cupiditas desidendi; ubi aliquid excernitur, æque dolor. Autem pituitæ que similia mucis descendunt, interdum etiam leviter subcruenta: sed (hæc) interponuntur nonnumquam his quoque recte coacta ex cibo.

Oportet desidere in calida aqua; que nutrire anum ipsum sæpius; cui plura medicamenta

TRANSLATION.

CHAP. XVIII.

OF A TENESMUS.

But there is another disorder milder than all those I have been treating of, which the Greeks call Tenesmus. This ought to be classed neither with the acute nor chronic diseases, since it may be easily removed, and never of itself destroys life.

In this as in dysentery there is a frequent desire of going to stool; and also attended with as much pain when any thing is evacuated. The discharges resemble phlegm and mucus, sometimes slightly grumous: but these are intermixed sometimes with fæces naturally formed from the food.

He ought to sit down in warm water; and to apply soothing fomentations to

medicamenta idonea sunt: butyrum cum rosa; acacia ex aceto liquata; emplastrum id, quod τετραφάρμακον Græci vocant, rosa liquatum; alumen lana circumdatum, et ita appositum; eademque ex inferiore parte indita, quæ torminum auxilia sunt; eædem verbenæ decoctæ, ut inferiores partes foveantur.

Alternis vero diebus aqua, alternis leve et austerum vinum bibendum est. Potio esse debet egelida et frigidæ propior; ratio victus talis, qualem ad tormina supra præcepimus.

ORDO.

sunt idonea: butyrum cum rosa; acacia liquata ex aceto; id emplastrum, quod Græci vocant τετραφάρμακον (tetrapharmacus), liquatum rosa; alumen circumdatum lana, et ita appositum; que eadem indita ex inferiore parte, quæ sunt auxilia torminum; eædem verbenæ decoctæ, ut inferiores partes foveantur.

Vero aqua (est bibenda) alternis diebus, leve et austerum vinum est bibendum alternis. Potio debet esse egelida, et propior frigidæ; ratio victus (est) talis, qualem præcepimus supra ad tormina.

TRANSLATION.

the anus itself; for which there are many things proper: for instance, butter with rose oil; acacia dissolved in vinegar; that plaster, which the Greeks call tetrapharmacon (24), melted with rose oil; alum enveloped in wool, and thus applied; and the same remedies inferiorly, which are salutary in dysentery; also the same decoction of vervains to foment the lower parts.

But on every other day water and light austere wine should be drunk alternately. The drink ought to be lukewarm, or nearly cold: the regimen to be the same as we have prescribed for dysentery.

CAP. XIX.

DE FLUXU VENTRIS.

LEVIOR etiam, dum recens, dejectio est; ubi et liquida alvus, et sæpius quam ex consuetudine fertur: atque interdum tolerabilis dolor est, interdum gravissimus; idque pejus est. Sed uno die fluere alvum sæpe pro valetudine est: atque etiam pluribus, dum febris

ORDO.

CAP. XIX.

DE FLUXU VENTRIS.

ETIAM dejectio est levior, dum recens; ubi (est) et liquida alvus, et fertur sæpius quam ex consuetudine: atque interdum dolor est tolerabilis, interdum gravissimus; que id est pejus. Sed alvum fluere uno die est sæpe pro valetudine: atque etiam in pluribus, dum febris

TRANSLATION.

CHAP. XIX.

OF DIARRHŒA.

A SIMPLE purging, while recent, is still lighter, in which the discharge is both liquid, and rendered more frequent than usual: and sometimes the pain is tolerable, sometimes very severe; and that is the worst. But for the bowels to be relaxed for one day, is very often conducive to health; and even for several days,

absit, et intra septimum diem id conquiescat. Purgatur enim corpus, et, quod intus læsurum erat, utiliter effunditur.

Verum spatium periculosum est: interdum enim tormina ac febriculas excitat, viresque consumit. Primo die quiescere satis est; neque impetum ventris prohibere. Si per se desiit, balneo uti, paulum cibi capere: si mansit, abstinere non solum a cibo, sed etiam a potione. Postero die, si nihilominus liquida alvus est, æque conquiescere; paulum adstringentis cibi sumere. Tertio die in balneum ire: vehementer omnia præter ventrem perfricare: ad ignem lumbos, scapulasque admovere: cibis uti, sed ventrem contrahentibus; vino non multo, meraco.

Si postero quoque die fluet, plus edisse, sed vomere ex toto. Donec conquiescat, contra siti, fame, vomitu niti. Vix enim fieri potest, ut, post hanc animadversionem, alvus non contrahatur.

Alia via est, ubi velis supprimere: cœnare, deinde vomere: postero die in lecto conquiescere; vespere ungi, sed

ORDO.

absit, et id conquiescat intra septimum diem. Enim corpus purgatur, et, quod erat læsurum intus, effunditur utiliter.

Verum spatium est periculosum: enim interdum excitat tormina ac febriculas, que consumit vires. Primo die est satis quiescere; neque prohibere impetum ventris. Si desiit per se, uti balneo, capere paulum cibi: si mansit, non solum abstinere a cibo, sed etiam a potione. Postero die, si nihilominus alvus est liquida, conquiescere æque; sumere paulum adstringentis cibi. Tertio die ire in balneum: perfricare omnia vehementer præter ventrem: admovere lumbos, que scapulas ad ignem: uti cibis sed contrahentibus ventrem; non multo meraco vino.

Si quoque fluet postero die, edisse plus, sed vomere ex toto. Niti contra siti, fame, vomitu, donec conquiescat. Enim vix potest fieri, ut, post hanc animadversionem, alvus non contrahatur.

Est alia via, supprimere ubi velis: cœnare, deinde vomere: postero die conquiescere in lecto; ungi vespere, sed leniter: deinde

TRANSLATION.

provided there be no fever present, and that cease within the seventh day. For by this the body is purified, and the offending matter from within, is advantageously thrown off *by a spontaneous effort of nature.*

But the continuation of it is dangerous: for sometimes it produces tormina, slight fevers, and prostration of strength. On the first day it is sufficient to enjoin rest; to take nothing that may restrain the bowels. If the disease have ceased of its own accord, a bath may be taken, and a little food: if it continue, to abstain not only from food, but also from drink. On the following day, if the bowels be nevertheless relaxed, to remain quiet, and to take a little astringent food. On the third day to go into a bath: to apply vehement friction to all parts except the abdomen: to turn the loins and shoulders near to the fire; to take food, but that of an alvine astringent, with a little undiluted wine.

If on the following day, the purging still continue, to eat more, but to vomit also. Upon the whole to combat with it by thirst, hunger, and vomiting until it may cease. For it is scarcely possible to happen, that after this plan of treatment the bowels should remain unconfined.

There is another mode to suppress it when one is inclined: to sup and then to vomit: on the following day to rest in bed; to be anointed in the evening, but

leniter: deinde panis circa selibram ex vino Aminæo mero sumere; tum assum aliquid, maximeque avem; et postea vinum idem bibere aqua pluviali mistum: idque usque quintum diem facere, iterumque vomere. Frigidam autem assidue potionem esse debere, contra priores auctores Asclepiades affirmavit, et quidem frigidissimam. Ego experimentis quemque in se credere debere existimo, calida potius, an frigida utatur.

Interdum autem evenit, ut id pluribus diebus neglectum, curari difficilius possit. A vomitu oportet incipere: deinde postero die vespere tepido loco ungi; cibum modicum assumere, vinum meracum quam asperrimum; impositam super ventrem habere cum cerato rutam. In hoc autem affectu corporis neque ambulatione, neque frictione opus est: vehiculo sedisse, vel magis etiam equo, prodest: neque enim ulla res magis intestina confirmat.

Si vero etiam medicamentis utendum est, aptissimum est id, quod ex pomis fit. Vindemiæ tempore in grande vas conjicienda sunt pira atque mala silvestria: si ea non sunt, pira Tarentina viridia, vel Signina, mala Scandiana

ORDO.

sumere circa selibram panis ex mero Aminæo vino; tum aliquid assum, que maxime avem; et postea bibere idem vinum mistum pluviali aqua: que facere id usque quintum diem, que vomere iterum. Autem Asclepiades affirmavit contra priores auctores, potionem debere esse assidue frigidam, et quidem frigidissimam. Ego existimo quemque debere credere experimentis in se, an utatur calida potius, frigida.

Autem interdum evenit, ut id neglectum pluribus diebus, possit curari difficilius. Oportet incipere a vomitu: deinde ungi vespere postero die tepido loco; assumere modicum cibum, meracum quam asperrimum vinum; habere rutam impositam super ventrem cum cerato. Autem in hoc affectu corporis neque est opus ambulatione, neque frictione: sedisse vehiculo, vel etiam magis equo, prodest: enim neque ulla res confirmat intestina magis.

Vero si est etiam utendum medicamentis, id est aptissimum, quod fit ex pomis. Silvestria pira atque mala sunt conjicienda in grande vas tempore vindemiæ: si ea non sunt, viridia Tarentina, vel Signina pirá, Scandi-

TRANSLATION.

gently: afterwards to take about half a pound of bread with pure Aminæan wine; then something roasted, and especially a bird; after this to drink the same kind of wine mixed with rain-water: to continue this plan until the fifth day, and again to vomit. But Asclepiades, contrary to the opinion of former authors, has affirmed that the drink ought to be constantly cold: indeed very cold. I think that every one ought to determine by his own experience, whether he may use it hot or cold.

But sometimes it happens, when this complaint is neglected for several days it may be more difficult to be cured. It is necessary to commence with a vomit: then on the evening of the following day let him be anointed in a warm place; to take a moderate portion of food, and pure wine as rough as possible: to have rue and cerate applied over the abdomen. But in this affection of the system, neither walking nor friction are necessary: to take an airing in a carriage is advantageous, but more so on horseback: for nothing strengthens the intestines so much.

If medicines are to be given, those consisting of the apple kind are the most admissible. During the vintage, pears and crab-apples are to be put into a large vessel: if these are not to be obtained, green Tarentine or Signine pears, Scandian

vel Amerina, myrapia; hisque adjicienda sunt cotonea, et cum ipsis corticibus suis Punica, sorba, et, quibus magis utimur, etiam torminalia, sic, ut hæc tertiam ollæ partem teneant: tum deinde ea musto implenda est; coquendumque id, donec omnia, quæ indita sunt, liquata, in unitatem quamdam coeant. Id gustui non insuave est; et, quandocumque opus est, assumptum leniter, sine ulla stomachi noxa, ventrem tenet. Duo aut tria cochlearia uno die sumpsisse, satis est.

Alterum valentius genus: myrti baccas legere, ex his vinum exprimere, id decoquere, ut decima pars remaneat, ejusque cyathum sorbere. Tertium, quod quandocumque fieri potest: malum Punicum excavare, exemptisque omnibus seminibus, membranas, quæ inter ea fuerunt, iterum conjicere: tum infundere cruda ova, rudiculaque miscere: deinde malum ipsum super prunam imponere; quod, dum humor intus est, non aduritur: ubi siccum esse cœpit, removere oportet, extractumque cochleari, quod intus est, edisse.

Aliquibus adjectis, majus momentum habet: itaque etiam in piperatum conjicitur, misceturque cum sale et pipere,

ORDO.

ana vel Amerina mala, myrapia; que his sunt adjicienda cotonea, et Punica cum suis corticibus ipsis, sorba, et, quibus utimur magis, etiam torminalia, sic, ut hæc teneant tertiam partem ollæ: tum deinde ea est implenda musto; que coquendum id, donec omnia, quæ sunt indita, liquata, coeant in quamdam unitatem. Id non est insuave gustui; et, quandocumque est opus, leniter assumptum, tenet ventrem, sine ulla noxa stomachi. Sumpsisse duo aut tria cochlearia uno die est satis.

Alterum (est) valentius genus: legere baccas myrti, exprimere vinum ex his, decoquere id, ut decima pars remaneat, que sorbere cyathum ejus. Tertium, quod potest fieri quandocunque: excavare Punicum malum, que omnibus seminibus exemptis, iterum conjicere membranas, quæ fuerunt inter ea: tum infundere cruda ova, que miscere rudicula: deinde imponere malum ipsum super prunam; quod dum humor est intus, non aduritur: ubi cœpit esse siccum, oportet removere, que quod est intus, extractum cochleari, edisse.

Aliquibus adjectis, habet magis momentum: itaque etiam conjicitur in piperatum, que miscetur cum sale et pipere, est

TRANSLATION.

or Amerinian apples, or the Myrapian pear (25): and to these may be added quinces and pomegranates with their rind, service fruit, and also torminalia of which we use more, so that these last may occupy one third of the pot: then the vessel is to be filled with new wine; the whole is to be boiled, until they dissolve and become one uniform mass. This is not disagreeable to the taste; and whenever there is necessity, and being taken in moderation, it restrains the bowels without any injury of the stomach. Two or three spoonfuls in one day will be sufficient.

There is another and more powerful remedy prepared of the expressed juice of myrtle berries boiled down to one tenth, and to sip a glass of it. A third may be prepared at any time, by excavating a pomegranate, and having separated all the seeds, to return the pulp into the shell again: then to pour in raw eggs and mix with a wooden spatula: afterwards put the pomegranate shell with its contents over a clear coal fire, which will not burn while there is moisture within: when it begins to be dry, it should be removed, then taking out the contents with a spoon let it be eaten.

This last remedy acquires more efficacy by the addition of some other things: therefore it is put into peppered vinegar (26), mixed with salt and pepper, and

est quid ex his edendum est. Pulticula etiam, cum qua paulum ex favo vetere coctum sit, et lenticula cum malicorio cocta, rubique cacumina in aqua decocta, et ex oleo atque aceto assumpta, efficacia sunt: atque ea aqua, in qua vel palmulæ, vel malum cotoneum, vel arida sorba, vel rubi decocti sunt, potata: quod genus significo, quoties potionem dandam esse dico, quæ adstringat.

Tritici quoque hemina in vino Aminæo austero decoquitur; idque triticum jejuno ac sitienti datur; superque id vinum id sorbetur: quod jure valentissimis medicamentis adnumerari potest. Atque etiam potui datur vinum Signinum, vel resinatum austerum, vel quodlibet austerum. Contunditurque cum corticibus, seminibusque suis Punicum malum, vinoque tali miscetur: idque vel merum sorbet aliquis, vel bibit mistum. Sed medicamentis uti, nisi in vehementibus malis, supervacuum est.

ORDO.

quid est edendum ex his. Etiam pulticula, cum qua paulum ex vetere favo sit coctum, et lenticula cocta cum malicorio, que cacumina rubi decocta in aqua, et assumpta ex oleo atque aceto, sunt efficacia: atque ea aqua, in qua vel palmulæ, vel cotoneum malum, vel arida sorba, vel rubi sunt decocti, potata: quod genus significo, quoties dico potionem esse dandam, quæ adstringat.

Quoque hemina tritici decoquitur in austero Aminæo vino; queid triticum datur jejuno ac sitienti; que super id, id vinum sorbetur: quod potest adnumerari jure valentissimis medicamentis. Atque etiam Signinum, vel resinatum austerum vel quodlibet austerum vinum datur potui. Que Punicum malum contunditur cum suis corticibus, que seminibus, que miscetur tali vino: que aliquis sorbet id vel merum, vel bibit mistum. Sed uti medicamentis, nisi in vehementibus malis, est supervacuum.

TRANSLATION.

eaten with these (27). Also pulse, with which a little old honeycomb has been boiled, and lentiles boiled with pomegranate rind, and bramble tops boiled in water, and eaten with oil and vinegar are efficacious: also to drink a decoction either of dates, or quinces, or dry service fruit, or bramble berries: which is the kind I mean, whenever I order this drink to be given as an astringent.

A hemina of wheat is also boiled in austere Aminæan wine; and that wheat is given to the patient fasting and thirsty, and the same wine is to be sipped after it; which may be justly enumerated amongst the most powerful of medicines. The Signine wine is also given to drink, or the austere resined, or any rough wine. The pomegranate is bruised with its rinds and seeds, and mixed with wine of the same sort: and a person may either drink this alone or mixed. But the use of medicines is superfluous, except in violent cases.

CAP. XX.

DE VULVÆ MORBO.

1. Ex vulva quoque fœminis vehemens malum nascitur: proximeque ab stomacho, vel afficitur hæc, vel corpus afficit. Interdum etiam sic exanimat, ut tamquam comitiali morbo prosternat. Distat tamen hic casus, eo quod neque oculi vertuntur, nec spumæ profluunt, nec nervi distenduntur: sopor tantum est. Idque quibusdam fœminis crebro revertens perpetuum est.

Ubi incidit, si satis virium est, sanguis missus adjuvat: si parum est, cucurbitulæ tamen defigendæ sunt in inguinibus. Si diutius aut jacet aut alioqui jacere consuevit, admovere oportet naribus extinctum ex lucerna linamentum, vel aliud ex iis, quæ fœdioris esse odoris retuli, quod mulierem excitet. Idemque aquæ quoque frigidæ perfusio efficit. Adjuvatque ruta contrita cum melle, vel ex cyprino ceratum, vel quodlibet calidum et humidum ca-

ORDO.

CAP. XX.

DE MORBO VULVÆ.

1. Quoque vehemens malum nascitur ex vulva fœminis: que proxime ab stomacho, vel hæc afficitur, vel afficit corpus. Interdum etiam sic exanimat, ut prosternat tanquam comitiali morbo. Tamen hic casus distat eo, quod neque oculi vertuntur, nec spumæ profluunt, nec nervi distenduntur: est tantum sopor. Que id revertens crebro quibusdam fœminis est perpetuum.

Ubi incidit, si est satis virium, sanguis missus adjuvat: si est parum, tamen cucurbitulæ sunt defigendæ in inguinibus. Aut si jacet diutius, aut consuevit jacere alioqui, oportet admovere naribus linamentum ex lucerna extinctum, vel aliud ex iis, quæ retuli esse fœdioris odoris, quod excitet mulierem. Que perfusio frigidæ aquæ quoque efficit idem. Que ruta contrita cum melle adjuvat, vel ceratum ex cyprino, vel quodlibet calidum et humidum cataplasma, im-

TRANSLATION.

CHAP. XX.

ON DISEASES OF THE WOMB.

Females are subject to a malignant disease of the womb: and next to the stomach, this organ is highly susceptible of being affected either in itself, or by sympathy affects the rest of the body. Sometimes this affection deprives the patient of all sensibility, in the same manner as if she had fallen in epilepsia. Yet with this difference, that neither the eyes are turned, nor does foam flow from the mouth, nor are there any convulsions: there is only a profound sleep. This disease returning frequently to some females at last becomes habitual.

When this happens, if there be sufficient strength, blood-letting will relieve: if not, the cupping-glasses must be applied to each groin. If the woman remain long in this state, or if accustomed to do so at other times, we should apply the extinguished wick of a lamp to the nostrils which may excite her, or any of those things which I have described as of a very fœtid odour. The affusion of cold water produces the same effect. Rue bruised up with honey assists, or cerate of cyprine oil,

taplasma, naturalibus pube tenus impositum. Inter hæc etiam perfricare coxas, et poplites oportet.

Deinde, ubi ad se rediit, circumcidendum vinum est in totum annum, etiamsi casus idem non revertitur: frictione quotidie utendum totius quidem corporis, præcipue vero ventris, et poplitum: cibus ex media materia dandus: sinapi super imum ventrem tertio quoque aut quarto die imponendum, donec corpus rubeat.

Si durities manet, mollire commode videtur solanum in lac demissum, deinde contritum; et cera alba atque medulla cervina cum irino, aut sevum taurinum vel caprinum cum rosa mistum. Dandum etiam potui vel castoreum est, vel gith, vel anethum. Si parum pura est, purgetur junco quadrato. Si vero vulva exulcerata est, ceratum ex rosa fiat, et recens suilla adeps, et ex ovis album misceatur, idque apponatur; vel album ex ovo cum rosa mistum, adjecto, quo facilius consistat, contritæ rosæ pulvere. Dolens vero ea sulphure suffumigari debet.

At si purgatio nimia mulieri nocet, remedio sunt cucurbitulæ, cute incisa,

ORDO.

positum naturalibus tenus pube. Etiam oportet perfricare coxas, et poplites inter hæc.

Deinde, ubi rediit ad se, vinum est circumcidendum in totum annum, etiamsi idem casus non revertitur: quidem (est) utendum frictione totius corporis quotidie, vero præcipue ventris, et poplitum: cibus (est) dandus ex media materia: sinapi imponendum super imum ventrem quoque tertio aut quarto die, donec corpus rubeat.

Si durities manet, solanum demissum in lac, deinde contritum, videtur mollire commode; et alba cera atque cervina medulla cum irino, aut taurinum sevum vel caprinum mistum cum rosa. Etiam vel castoreum, vel gith, vel anethum est dandum potui. Si est parum pura, purgetur quadrato junco. Vero si vulva est exulcerata, fiat ceratum ex rosa, et recens suilla adeps, et album ex ovis misceatur, que id apponatur; vel album ex ovo mistum cum rosa, adjecto, pulvere contritæ rosæ, quo consistat facilius. Vero ea dolens debet suffumigari sulphure.

At si nimia purgatio nocet mulieri, cucurbitulæ admotæ,

TRANSLATION.

or any hot and moist cataplasm, applied to the genitals, extending up to the pubes. In the mean time the hips and hams ought also to be rubbed.

Afterwards when she returns to her accustomed state, wine must be withheld from her for a whole year, even although the malady should not return. Daily friction must be employed over the whole body, but especially on the abdomen and hams. The diet should be of the middle class: sinapisms are to be laid on the inferior part of the abdomen every third or fourth day, until the part become red.

If the hardness remain (28) the nightshade moistened with milk and bruised, appears to be a proper emollient, so does white wax and deer's marrow with iris oil, or beef or goat's suet mixed with rose oil. Castor, git, or dill must be given in her drink. If there be impurities of habit, let her be purged with the square cyperus. But if the womb be ulcerated, a cerate may be prepared of rose oil: also fresh hog's lard and the whites of eggs may be mixed together and that applied; or the white of an egg mixed with rose oil, with the addition of rose leaves in powder to make it more tenacious. But when the womb is in pain it ought to be fumigated with sulphur.

If a woman appear to suffer from excessive menstrual discharge, the cupping-

inguinibus vel etiam sub mammis admotæ. Si maligna purgatio est, subjicienda sunt * * * * * * [*Desunt in vetustissimo exemplari duo folia.*] coeuntia. Id faciunt etiam albæ olivæ, et nigrum papaver cum melle assumptum, et gummi cum trito semine apii liquatum, et cum cyatho passi datum. Præter hæc, in omnibus vesicæ doloribus idoneæ potiones sunt, quæ ex odoribus fiunt, id est spica nardi, croco, cinnamo, casia, similibusque: idemque etiam decocta lentiscus præstat. Si tamen intolerabilis dolor est, et sanguis profluit, etiam sanguinis detractio apta est; aut certe coxis admotæ cucurbitulæ cute incisa.

2. At cum urina super potionum modum etiam sine dolore profluens maciem et periculum facit, si tenuis est, opus est exercitatione et frictione, maximeque in sole, vel ad ignem: balneum rarum esse debet, neque longa in eo mora: cibus comprimens: vinum austerum meracum, per æstatem, frigidum; per hiemem, egelidum; sed tantum; quantum minimum sit. Infirma alvus quoque vel ducenda vel lacte purganda est. Si crassa urina est, vehementior esse debet et exercitatio,

ORDO.

cute incisa, inguinibus vel etiam sub mammis, sunt remedio. Si purgatio est maligna, sunt subjicienda * * * * * * [*Duo folia desunt in vetustissimo exemplari.*] coeuntia. Etiam albæ olivæ, et nigrum papaver assumptum cum melle, et gummi liquatum cum trito semine apii, et datum cyatho passi, faciunt id. Præter hæc, potiones sunt idoneæ in omnibus doloribus vesicæ, quæ fiunt ex odoribus, id est spica nardi, croco, cinnamo, casia, que similibus: que etiam decocta lentiscus præstat idem. Tamen si dolor est intolerabilis, et sanguis profluit, etiam detractio sanguinis est apta; aut certe cucurbitulæ admotæ coxis cute incisa.

2. At cum urina profluens super modum potionum etiam sine dolore facit maciem et periculum, si est tenuis, est opus exercitatione et frictione, que maxime in sole, vel ad ignem: balneum debet esse rarum, neque mora in eo longa: comprimens cibus; meracum austerum vinum, frigidum, per æstatem; egelidum, per hiemem; sed tantum, quantum sit minimum. Quoque infirma alvus est vel ducenda vel purganda lacte. Si urina est crassa, et exercitatio, et frictio debet esse vehementior: lon-

TRANSLATION.

glasses and scarificator should be applied to each groin, or even under the breasts as a remedy. If the discharge be malignant (29) * * * * * * [*Here two leaves are wanting in the oldest copy.*] White olives have this effect, black poppies taken with honey, and gum dissolved with bruised parsley seed and given with a glass of raisin wine. Besides these, in all affections of the bladder, such aromatic potions are very proper, that is the spikenard, saffron, cinnamon, cassia, and such like: also the decoction of mastich has the same effect. Yet if the pain be intolerable, accompanied with hæmorrhage, it is proper to let blood, or at least the cupping instruments and scarificator may be applied to the hips.

2. When the urine is discharged in an undue proportion to the drink, without pain, producing emaciation and endangering life, if it be limpid, there is a necessity for exercise and friction, particularly in the sun, or near a fire: a bath should rarely be given, neither ought the patient to remain long in it: astringent food: pure austere wine, during the summer, and cold: during the winter lukewarm; but in as small a quantity as possible. The lower intestines are either to be cleared by injections, or purged with milk. If the urine be thick, the exercise

et frictio: longior in balneo mora: cibis opus est teneris: vinum idem. In utroque morbo vitanda omnia sunt, quæ urinam movere consuerunt.

ORDO.

gior mora in balneo: est opus teneris cibis: idem vinum. In utroque morbo omnia sunt vitanda, quæ consuerunt movere urinam.

TRANSLATION.

and friction ought to be the more violent: to remain longer in the bath; the food should be tender; the wine as above directed. In either of those affections every thing must be avoided which has a tendency to promote the urine.

CAP. XXI.

DE SEMINIS NIMIA EX NATURALIBUS PROFUSIONE.

Est etiam circa naturalia vitium, nimia profusio seminis, quod sine venere, sine nocturnis imaginibus sic fertur, ut, interposito spatio, tabe hominem consumat.

In hoc affectu salutares sunt vehementes frictiones, perfusiones, natationesque quam frigidissimæ: neque cibi, nec potio, nisi frigida assumpta. Vitare autem oportet cruditates, et omnia inflantia: nihil ex iis assumere, quæ contrahere semen videntur; qualia sunt, siligo, simila, ova, alica, amylum, omnis caro glutinosa, piper, eruca, bulbi, nuclei pinei. Neque alienum

ORDO.

CAP. XXI.

DE NIMIA PROFUSIONE SEMINIS EX NATURALIBUS.

Etiam est vitium circa naturalia, nimia profusio seminis, quod fertur sic, sine venere, sine nocturnis imaginibus, ut, spatio interposito, consumat hominem tabe.

In hoc affectu vehementes frictiones, perfusiones, que quam frigidissimæ natationes sunt salutares: neque cibi, nec potio, nisi assumpta frigida. Autem oportet vitare cruditates, et omnia inflantia: assumere nihil ex iis, quæ videntur contrahere semen; qualia sunt, siligo, simila, ova, alica, amylum, omnis glutinosa caro, piper, eruca, bulbi, pinei nuclei. Neque est

TRANSLATION.

CHAP. XXI.

TREATMENT OF SEMINAL DISCHARGES.

There is also a disease of the genital organs, an excessive discharge of semen which is rendered without sexual intercourse or nocturnal illusions to such an excess, that in time a man may be carried off by consumption.

In this affection, powerful frictions, the shower-bath, swimming in the coldest water are salutary: neither food nor drink, except what is taken cold. It is also requisite to avoid indigestion and every thing flatulent: to take none of those things which seem to generate semen; such as siligo, simila, eggs, alica, starch, all glutinous flesh, pepper, rocket, bulbs, pine nuts. Neither is it improper to foment

est, fovere inferiores partes aqua decocta ex verbenis comprimentibus: ex iisdem aliqua cataplasmata imo ventri inguinibusque circumdare; præcipueque ex aceto rutam: vitare et ne supinus obdormiat.

ORDO.

alienum, fovere inferiores partes aqua decocta ex comprimentibus verbenis: circumdare aliqua cataplasmata ex iisdem imo ventri que inguinibus; que præcipue rutam ex aceto: et vitare ne obdormiat supinus.

TRANSLATION.

the lower parts with a decoction of the astringent vervains: to surround the pubic and inguinal regions with cataplasms of the same; and especially of rue with vinegar: and to avoid falling asleep in the supine position.

CAP. XXII.

DE COXARUM MORBIS.

SUPEREST, ut ad extremas partes corporis veniam, quæ articulis inter se conseruntur. Initium a coxis faciam. Harum ingens dolor esse consuevit: isque hominem sæpe debilitat, et quosdam non dimittit. Eoque id genus difficillime curatur, quod fere post longos morbos vis pestifera huc se inclinat: quæ ut alias partes liberat, sic hanc ipsam quoque affectam prehendit.

Fovendum primum aqua calida est: deinde utendum calidis cataplasmatis. Maxîme prodesse videtur, aut cum hordeacea farina, aut cum ficu ex aqua de-

ORDO.

CAP. XXII.

DE MORBIS COXARUM.

SUPEREST, ut veniam ad extremas partes corporis, quæ conseruntur inter se articulis. Faciam initium a coxis. Ingens dolor harum consuevit esse; que is sæpe debilitat hominem, et non dimittit quosdam. Que id genus curatur difficillime eo, quod pestifera vis fere inclinat se huc post longos morbos: quæ ut liberat alias partes, sic prehendit hanc ipsam quoque affectam.

Primum est fovendum calida aqua: deinde utendum calidis cataplasmatis. Concisus cortex capparis mistus, aut cum hordeacea farina, aut cum ficu decocta ex aqua, videtur pro-

TRANSLATION.

CHAP. XXII.

DISEASES OF THE HIP JOINT.

IT remains that I come now to the extremities, which are connected together by articulations. I shall begin with the hips. These are often subject to great pain: and that debilitates the man, and some it never leaves. For this reason, that kind is most difficult to cure, because after long diseases it generally clings with a pestiferous tenacity to those parts: which as it leaves others seizes on this which is affected.

It must be fomented with hot water first: then hot cataplasms should be applied. That which appears to be the most useful in this case, is the sliced bark of the

cocta mistus capparis cortex concisus; vel lolii farina ex vino diluto cocta, et mista cum arida fæce: quæ quia refrigescunt, imponere noctu malagmata commodius est. Inulæ quoque radix contusa, et postea ex vino austero cocta, et late super coxam imposita, inter valentissima auxilia est. Si ista non solverunt, sale calido et humido utendum est.

Si ne sic quidem finitus dolor est, aut tumor ei accedit, incisa cute admovendæ sunt cucurbitulæ; movenda urina; alvus, si compressa est, ducenda. Ultimum est, et in veteribus quoque morbis efficacissimum, tribus aut quatuor locis super coxam, cutem candentibus ferramentis exulcerare. Frictione quoque utendum est, maxime in sole, et eodem die sæpius; quo facilius ea, quæ coeundo nocuerunt, digerantur: eaque, si nulla exulceratio est, etiam ipsis coxis; si est, ceteris partibus adhibenda est.

Cum vero sæpe aliquid exulcerandum candenti ferramento sit, ut materia inutilis evocetur, illud perpetuum est, non, ut primum fieri potest, hujus generis ulcera sanare; sed ea trahere, donec id vitium, cui per hæc opitulamur, conquiescat.

ORDO.

desse maxime; vel farina lolii cocta ex diluto vino, et mista cum arida fæce: quæ quia refrigescunt, est commodius imponere (ut) malagmata noctu. Quoque radix inulæ contusa, et postea cocta ex austero vino, et imposita late super coxam, est inter valentissima auxilia. Si ista non solverunt, est utendum calido et humido sale.

Si ne quidem dolor est finitus sic, aut tumor accedit ei, cucurbitulæ sunt admovendæ cute incisa; urina movenda; alvus ducenda, si est compressa. Exulcerare cutem candentibus ferramentis, tribus aut quatnor locis super coxam quoque est ultimum, et efficacissimum in veteribus morbis. Quoque est utendum frictione, maxime in sole, et sæpius in eodem die; quo ea digerantur facilius, quæ nocuerunt coeundo: que ea, etiam coxis ipsis, si est nulla exulceratio; si est (exulceratio) est adhibenda ceteris partibus.

Vero cum aliquid sit exulcerandum sæpe candenti ferramento, ut inutilis materia evocetur, illud est perpetuum, non, sanare ulcera hujus generis, primum ut potest fieri; sed trahere ea, donec id vitium, cui opitulamur per hæc, conquiescat.

TRANSLATION.

caper mixed either with barley-meal or with a decoction of figs; or the flour of darnel boiled in diluted wine and mixed with dry lees: which things as they are apt to cool, it is more advantageous to apply them by night, as malagmata. Also the root of elecampane, bruised and then boiled with austere wine, and laid on extensively over the hip, is among the most powerful remedies. If those things have not removed the malady, hot and moist salt must be applied.

If the pain cease not even then, or if swelling supervene, the cupping glasses and scarificator must be applied: diuretics to be administered; the bowels to be injected, if constipated. The last and most efficacious remedy in chronic cases, is to form ulcers in the skin with hot irons in three or four places above the hip. To apply friction several times in the day, especially in the sun: by which means that accumulation of peccant humour may be the more easily dispersed; and that is to be applied on the hips themselves, if there be no ulceration: if there be any, then it is to be employed on other parts of the body.

But since it may be necessary to ulcerate a part frequently with the actual cautery, that the offending matter may be elicited, this rule should always be observed, not to heal ulcers of this kind, so soon as it might be done; but to protract the discharge, until that disease subside, which we wish to relieve by these means.

CAP. XXIII.

DE GENUUM DOLORE.

Coxis proxima genua sunt; in quibus ipsis nonnumquam dolor esse consuevit. In iisdem autem cataplasmatis cucurbitulisque præsidium est: sicut etiam, cum in humeris, aliisve commissuris dolor aliquis exortus est. Equitare ei, cui genua dolent, inimicissimum omnium est. Omnes autem ejusmodi dolores, ubi inveteraverunt, vix citra ustionem finiuntur.

ORDO.

CAP. XXIII.

DE DOLORE GENUUM.

Genua sunt proxima coxis; in quibus ipsis dolor nonnumquam consuevit esse. Autem præsidium est in iisdem cataplasmatis que cucurbitulis: sicut etiam, cum aliquis dolor est exortus in humeris, ve aliis commissuris. Ei equitare, cui genua dolent, est inimicissimum omnium. Autem omnes dolores ejusmodi, ubi inveteraverunt, vix finiuntur citra ustionem.

TRANSLATION.

CHAP. XXIII.

OF A PAIN IN THE KNEES.

The knees are next in succession to the hips: which are not unfrequently the seat of pain. But there is a remedy in the same cataplasms and cupping instruments; as also when a pain has arisen in the shoulders, or in the other joints. It is most inimical to him who has pain in the knee joints to ride on horseback. Now all pains of this kind, when they become chronic, are scarcely ever cured without the aid of the actual cautery.

CAP. XXIV.

DE MANUUM ET PEDUM ARTICULORUM QUE VITIIS.

In manibus pedibusque articulorum vitia frequentiora longioraque sunt; quæ in podagris chiragrisve esse consuerunt.

ORDO.

CAP. XXIV.

DE VITIIS MANUUM ET PEDUUM QUE ARTICULORUM.

Sunt frequentiora que longiora vitia articulorum in pedibus que manibus; quæ consuerunt esse in podagris ve chiragris. Ea

TRANSLATION.

CHAP. XXIV.

THE DISEASES IN THE JOINTS OF THE HANDS AND FEET.

Diseases of the joints in the hands and feet are more frequent and of longer duration; which may be observed in those who are accustomed to gout in either the

Ea raro vel castratos, vel pueros ante fœminæ coitum, vel mulieres, nisi quibus menstrua suppressa sunt, tentant.

Ubi sentiri cœperunt, sanguis mittendus est: id enim inter initia statim factum, sæpe annuam, nonnumquam perpetuam valetudinem bonam præstat. Quidam etiam, cum asinino lacte epoto sese eluissent, in perpetuum hoc malum evaserunt. Quidam, cum toto anno a vino, mulso, venere sibi temperassent, securitatem totius vitæ consecuti sunt. Idque utique post primum dolorem servandum est, etiamsi quievit.

Quod si jam consuetudo ejus facta est, potest quidem aliquis esse securior iis temporibus, quibus dolor se remisit: majorem vero curam adhibere debet iis, quibus id revertitur; quod fere vere autumnove fieri solet.

Cum vero dolor urget, mane gestari debet; deinde ferri, inambulatione leni se dimovere, et, si podagra est, interpositis temporibus exiguis, invicem modo sedere, modo ingredi; tum, antequam cibum capiat, sine balneo, loco calido leniter perfricari, sudare, perfundi aqua egelida; deinde cibum su-

ORDO.

raro tentant vel castratos, vel pueros ante coitum fœminæ, vel mulieres, nisi quibus menstrua sunt suppressa.

Ubi cœperunt sentiri, sanguis est mittendus: enim id factum statim inter initia, sæpe annuam, nonnumquam præstat perpetuam bonam valetudinem. Etiam quidam, cum eluissent sese asinino lacte epoto, evaserunt hoc malum in perpetuum. Quidam, cum temperassent sibi toto anno a vino, mulso, venere, sunt consecuti securitatem totius vitæ. Que utique id est servandum post primum dolorem, etiamsi quievit.

Quod si consuetudo est facta jam, quidem aliquis potest esse securior, iis temporibus, quibus dolor remisit se: vero debet adhibere majorem curam iis, quibus id revertitur; quod fere solet fieri vere ve autumno.

Vero cum dolor urget, debet gestari mane; deinde ferri, dimovere se leni inambulatione, et, si est podagra, invicem modo sedere, modo ingredi, exiguis temporibus interpositis; tum, antequam capiat cibum, perfricari leniter calido loco, sine balneo, sudare, egelida aqua perfundi; deinde sumere cibum ex

TRANSLATION.

hands or feet. Such diseases rarely attack eunuchs or boys before they have intercourse with women, or females, unless the catamenia be suppressed.

When those pains are incipient, blood should be let immediately: for this being done immediately during the commencement often secures the patient good health for one year, sometimes for life. Some also have escaped this malady entirely, after having purified themselves by drinking ass's milk. Others have attained perpetual security from it, by refraining a whole year from wine, hydromel, and venery. This ought to be observed particularly after the first attack, even although it has subsided.

But if the attacks have become habitual, a person may be less guarded against its return at those times in which it usually remits: but he ought to employ greater care at the seasons of its recurrence, which generally happen in spring or autumn.

Now when the pain is oppressive, he ought to employ gestation in the morning; then to be carried, or to exercise himself by gentle walking, and if it be footgout, to walk and rest alternately, at short intervals; then, before he take food, without bathing, to be rubbed gently in a hot place, to perspire, to be put under a

mere ex media materia, interpositis rebus urinam moventibus; quotiesque plenior est, evomere.

Ubi dolor vehemens urget, interest, sine tumore is sit, an tumor cum calore, an tumor jam etiam obcalluerit. Nam si tumor nullus est, calidis fomentis opus est. Aquam marinam, vel muriam duram fervefacere oportet, deinde in pelvem conjicere, et, cum jam homo potest, pedes demittere, superque pallam dare, et vestimento tegere; paulatim deinde juxta labrum ipsum ex eadem aqua leniter infundere, ne calor intus destituat; ac deinde noctu cataplasmata calefacientia imponere, maximeque hibisci radicem ex vino coctam.

Si vero tumor calorque est, utiliora sunt refrigerantia, recteque in aqua quam frigidissima articuli continentur; sed neque quotidie, neque diu, ne nervi lædantur. Imponendum vero est cataplasma, quod refrigeret: neque tamen in hoc ipso diu permanendum; sed ad ea transeundum, quæ sic reprimunt, ut emolliant.

Si major est dolor, papaveris cortices in vino coquendi, miscendique cum cerato sunt, quod ex rosa factum sit: vel

ORDO.

media materia, rebus moventibus urinam interpositis; que quoties est plenior, evomere.

Ubi vehemens dolor urget, interest, is sit sine tumore, an (est) tumor cum calore, an tumor jam etiam obcalluerit. Nam si est nullus tumor, est opus calidis fomentis. Oportet fervefacere marinam aquam, vel duram muriam, deinde conjicere in pelvem, et, cum jam homo potest demittere pedes, que dare pallam super, et tegere vestimento; deinde paulatim infundere juxta labrum ipsum leniter ex eadem aqua, ne calor destituat intus; ac deinde imponere calefacientia cataplasmata noctu, que maxime radicem hibisci coctam ex vino.

Vero si est tumor que calor, refrigerantia sunt utiliora, que articuli continentur in quam frigidissima aqua recte; sed neque quotidie, neque diu, ne nervi lædantur. Vero cataplasma quod refrigeret, est imponendum: neque tamen (est) permanendum diu in hoc ipso; sed (est) transeundum ad ea, quæ sic reprimunt, ut emolliant.

Si est major dolor, cortices papaveris coquendi in vino, que sunt miscendi cum cerato, quod sit factum ex rosa: vel cerae et

TRANSLATION.

tepid shower bath (30); afterwards to take nourishment of the middle class, taking occasionally diuretics; and as often as he becomes plethoric, let him vomit.

When the attack is violent, it is of importance whether that be accompanied with swelling and heat, or without swelling, or whether the tumour has already grown callous. For if there be no tumour, there is an opportunity of applying hot fomentations. Sea-water or strong brine should be made hot, and poured into a basin, and when the patient can bear it, to put his feet in, and a cloak over them, then cover him up; then pour in gradually more of the same water, by the edge of the vessel, that there may be a sufficient heat kept up within; and afterwards apply calefacient cataplasms during the night, particularly marsh-mallow root boiled with wine.

But if there be swelling and heat, refrigerants are more useful, and then the joints are very properly to be kept in very cold water; but neither daily nor for a long time, lest the nerves may be injured. But a refrigerant cataplasm is to be laid on: even this must not be continued long, but to substitute some of those things which repress and soften at the same time.

If the pain be more severe, the rind of poppies are to be boiled in wine and mixed with cerate composed of rose oil: or equal parts of wax and hog's lard

ceræ et adipis suillæ tantumdem una liquandum, deinde his vinum miscendum, atque ubi, quod ex eo impositum est, incaluit, detrahendum, et subinde aliud imponendum est.

Si vero tumores etiam obcalluerunt, et dolent, levat spongia imposita, quæ subinde ex oleo, et aceto, vel aqua frigida exprimitur; aut pari portione inter se mista pix, cera, alumen. Sunt etiam plura idonea manibus pedibusque malagmata.

Quod si nihil superimponi dolor patitur, id, quod sine tumore est, fovere oportet spongia, quæ in aquam calidam demittatur, in qua vel papaveris cortices, vel cucumeris silvestris radix decocta sit: tum inducere articulis crocum cum succo papaveris et ovillo lacte.

At si tumor est, foveri quidem debet aqua egelida, in qua lentiscus, aliave verbena ex reprimentibus decocta sit: induci vero medicamentum ex nucibus amaris cum aceto tritis; aut ex cerussa, cui contritæ herbæ muralis succus sit adjectus. Lapis etiam, qui carnem exedit, quem σαρκοφάγον Græci vocant, excisus, sic, ut pedes capiat, demissos eos, cum dolent, retentosque ibi levare consuevit. Ex quo in Asia lapidi Asio gratia est.

ORDO.

suillæ adipis tantumdem liquandum una, deinde vinum (est) miscendum his, atque ubi, quod est impositum ex eo, incaluit, (est) detrahendum, et aliud est imponendum subinde.

Vero si tumores etiam obcalluerunt, et dolent, spongia imposita levat, quæ subinde exprimitur ex aceto, et oleo, vel frigida aqua; aut pix, cera, alumen mista inter se pari portione. Etiam sunt plura idonea malagmata manibus que pedibus.

Quod si dolor patitur nihil superimponi, oportet fovere id, quod est sine tumore, spongia quæ demittatur in calidam aquam, in qua vel cortices papaveris, vel radix silvestris cucumeris sit decocta: tum inducere crocum articulis cum succo papaveris et ovillo lacte.

At si est tumor, quidem debet foveri egelida aqua, in qua lentiscus, ve alia verbena ex reprimentibus sit decocta: vero medicamentum ex amaris nucibus tritis cum aceto induci; aut ex cerussa, cui succus contritæ muralis herbæ sit adjectus. Etiam lapis, qui exedit carnem, quem Græci vocant σαρκοφάγον (sarcophagus), excisus, sic, ut capiat pedes, eos demissos, que retentos ibi consuevit levare, cum dolent. Ex quo in Asia est gratia Asio lapidi.

TRANSLATION.

melted together, then wine mixed with these, and when an application of this has grown hot, it is to be removed occasionally, and another substituted.

But if the tumours have become indurated and painful, the application of a sponge dipped occasionally in oil and vinegar, or cold water, gives relief; or equal parts of pitch, wax, and alum mixed together. There are also many malagmata proper for the hands and feet.

But if the pain will not admit of any thing to be laid on, that part which is not swollen should be fomented with a sponge dipped in a hot decoction of poppy bark, or of wild cucumber root; then to apply saffron with poppy juice and sheeps' milk to the joints.

If there be swelling, that should be fomented with a tepid decoction of mastich, vervains, or any other astringent: also a medicament composed of bitter almonds bruised with oil should be applied; or ceruss, to which the juice of the bruised wall herb may be added. That stone also which corrodes the flesh, and by the Greeks termed sarcophagus (31), cut out in such a manner as to receive the feet, generally relieves them, when they are put into it and retained there. From which circumstance, in Asia, the Asian stone is held in great repute.

Ubi dolor et inflammatio se remiserunt (quod intra dies quadraginta fit, nisi vitium hominis accessit) modicis exercitationibus, abstinentia, unctionibus lenibus utendum est, sic, ut etiam acopo, vel liquido cerato cyprino articuli perfricentur. Equitare podagricis quoque alienum est.

Quibus vero articulorum dolor certis temporibus revertitur, hos ante et curioso victu cavere oportet, ne inutilis materia corpori supersit, et crebriore vomitu; et, si quis ex corpore metus est, vel alvi ductione uti, vel lacte purgari. Quod Erasistratus in podagricis expulit, ne in inferiores partes factus cursus pedes repleret: cum evidens sit, omni purgatione non superiora tantummodo, sed etiam inferiora exinaniri.

ORDO.

Ubi dolor et inflammatio remiserunt se (quod fit intra quadraginta dies, nisi vitium hominis accessit) est utendum modicis exercitationibus, abstinentia, lenibus unctionibus, sic, ut etiam articuli perfricentur acopo, vel liquido cyprino cerato. Quoque equitare est alienum podagricis.

Vero quibus dolor articulorum revertitur certis temporibus, oportet hos cavere ante et curioso victu, ne inutilis materia supersit corpori, et crebriore vomitu; et, si est quis metus ex corpore, vel uti ductione alvi, vel purgari lacte. Quod Erasistratus expulit in podagricis, ne cursus factus in inferiores partes repleret pedes: cum sit evidens, non tantummodo superiora exinaniri omni purgatione, sed etiam inferiora.

TRANSLATION.

When the pain and inflammation have remitted, (which happens within forty days, unless the patient has been at fault,) he should employ moderate exercises, abstinence, gentle unctions, so that the joints also may be rubbed with acopum (32), or with liquid cyprine cerate. Riding also is improper for those who have gout in their feet.

Those who have periodical returns of these affections of the joints, ought to be on their guard, lest an injurious redundancy abound in the system, both by a more rigid regimen, and by more frequent vomiting; and if there be any apprehension arising from the state of the body, to use either injections, or milk purgatives: which Erasistratus has rejected in the treatment of persons afflicted with gout in the feet, lest a revulsion of the humours downwards might cause a redundancy in the lower extremities: although it is evident, that, not only the superior parts, but also the inferior are depleted by every kind of purgative.

CAP. XXV.

DE REFECTIONE CONVALESCENTIUM A MORBO.

Ex quocumque autem morbo quis convalescit, si tarde confirmatur, vigilare prima luce debet; nihilominus in lecto conquiescere: circa tertiam horam leniter unctis manibus corpus permulcere: deinde delectationis causa, quantum juvat, ambulare, circumcisa omni negotiosa actione: tum gestari diu: multa frictione uti: loca, cœlum, cibos sæpe mutare: ubi triduo quatriduove vinum bibit, uno aut etiam altero die interponere aquam. Per hæc enim fiet, ne in vitia tabem inferentia incidat, et ut mature vires suas recipiat.

Cum vero ex toto convaluerit, periculose vitæ genus subito mutabit, et inordinate aget. Paulatim ergo debebit, omissis his legibus, eo transire, ut arbitrio suo vivat.

ORDO.

CAP. XXV.

DE REFECTIONE CONVALESCENTIUM A MORBO.

Autem ex quocunque morbo quis convalescit, si confirmatur tardè, debet vigilare prima luce; nihilominus conquiescere in lecto circa tertiam horam permulcere corpus leniter unctis manibus: deinde causa delectationis, ambulare, juvat quantum, omni negotiosa actione circumcisa: tum gestari diu: uti multa frictione: mutare loca, cœlum, cibos sæpe: ubi bibit vinum triduo ve quatriduo, interponere aquam uno aut etiam altero die. Enim per hæc fiet, ne incidat in vitia inferentia tabem, et ut recipiat suas vires mature.

Vero cum convaluerit ex toto, mutabit genus vitæ subito, periculose, et aget inordinate. Ergo, his legibus omissis debebit transire paulatim eo, ut vivat suo arbitrio.

TRANSLATION.

CHAP. XXV.

THE TREATMENT OF CONVALESCENTS.

From whatever disease a patient may be recovering, if his improvement be tardy, he ought to awake at the dawn of day; nevertheless to rest in bed about the third hour to rub the body gently with anointed hands; then to walk as far as it may be agreeable, for the sake of recreation, setting all business aside; then to use gestation for a considerable time: to apply much friction; a frequent change of residence, air, and diet: when he has drunk wine for three or four days, let him take water for one or two. For by these means, he will not only evade the predisposing causes of consumption, but sooner recover his strength.

But when he is entirely recovered, any sudden change of life, or irregularity of action, is not unattended with danger. Therefore he ought to lay aside those restraints gradually in his transition to that state, in which he may live without control.

END OF VOL. I.

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